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THURSDAY FEBRUARY 13TH, 2020

**Talks held over bank's planned closure -
see page three**

Making Life Easier
Caring for the Elderly
 

Hinkley Point company wants to dump more mud in Bristol Channel

A NEW row is brewing after the company building the new nuclear power station at Hinkley Point indicated that it wants to dispose of more mud in waters near Cardiff.

Natural Resources Wales (NRW) has started discussions with EDF Energy about a new marine licence application to dispose of dredged material from the Bristol Channel into the disposal site known as 'Penarth Deep'.

EDF has submitted its plan to NRW for the sampling and testing of the sediment from the construction site of the Hinkley Point C power station off the Somerset coast.

In 2018, there were fierce protests from a number of local groups when EDF was granted permission to dump 300,000 tons - although in the end, it is understood that 120,000 tons were dumped.

This time, EDF has applied for permission to

dump more than 700,000 tons, with the project starting in early 2021.

An EDF spokesperson said: "Further dredging is needed ahead of the drilling of six vertical shafts for the cooling water system, along with the installation of a fish recovery and return system and maintenance dredging at the jetty.

"The sediment we and others are dredging in the Bristol Channel is typical of the sediment found anywhere in the Bristol Channel, and as such it is no different to the types of sediment already found at the approved disposal sites within the estuary. It is not classed as radioactive under UK law and poses no threat to human health or the environment.

An NRW spokesman said: "NRW's role is to determine whether the sediment, up to 600,000 m3, is suitable for disposal at sea, but will first assess the suitability of the sample plan to inform any future licence application for its disposal in Wales."

Marine licences will be required for the collection of samples and dredging the sediment in English waters from the Marine Management Organisation, and another one for disposing of the sediment in Welsh waters from NRW.

STORY CONTINUED ON PAGE
THREE

Speed limit reduced in village



A REDUCED speed limit has taken some drivers by surprise in a Rhondda Cynon Taf village.

The main road through Pontyclun was reduced from a 30 miles per hour zone to a 20mph zone just before Christmas.

However some motorists in the area, which experiences slow crawling traffic during rush hour, reported only noticing the changed

limit on the section of the A4222 in January.

The new speed limit starts on the stretch of Cowbridge Road just before Station Crescent and finishes just after the junction for Pontyclun Primary School.

The new speed limit has been in place since December of last year - it is not known whether the timing is related to the death of a 76-year-old woman following a crash near the Windsor pub,

pictured above, on November 30.

It is thought the change had been planned, along with the relocation of the Tesco bus stop to the Masonic Hall, in November, 2018 by RCT to make a "safe route" through Pontyclun which also has new CCTV cameras near each set of the new 20mph signs.

RCT were contacted for more information about the speed limit but failed to respond in time before going to print.


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Closure threat of gallery

ON January 27, I, along with others, attended the opening of this year's Holocaust Memorial exhibition for the victims of genocide.

The words, images and technology were used in effective and deeply moving ways. In these troubled times, these reminders seem more necessary than ever.

However, I was also very concerned to hear that the Vale gallery, known as Art Central and which hosts the Holocaust exhibition, is potentially under threat of closure.

Over the years, I have participated in and attended many great events and exhibitions in the gallery and have never ceased to marvel at the beauty and flexibility of the space created out of the ruins of the Old Library – it is regarded as one of the very best in Wales.

I share the wish to make this fantastic facility more accessible to everyone, especially children, and would wish to see it developed further into a vibrant hub serving all the arts, and perhaps with a different kind of management structure.

Shutting down the Gallery is hardly a constructive option to solving difficulties. In the short term it would save some money, but in the long term would deprive citizens of access to a centre for culture and the arts.

It certainly goes no way towards that vision of a 'vibrant and creative Vale' as described in our current corporate plan.

Mrs Eve Hart, Barry.

'Everybody needs good neighbours'

A PART from the Australian 'soap,' we never seem to hear much about good neighbours.

I shall soon be 96 and a couple of weeks ago, while putting out my rubbish, I fell and broke my hip. In no time, my neighbours came to my aid and kept me warm until an ambulance arrived. They packed a bag full of essential clothing to accompany me and they have now banned me from putting out any more rubbish. It is a joy and a privilege to be surrounded by such wonderful and caring people; God bless you all.

Bill Summerfield, Barry.

Help to manage church burial grounds

CLLR Ian Perry raises the important question of grants from community and town councils to support the upkeep of church burial grounds (GEM letters, January 30).

The Church in Wales is disestablished. Its churchyards operating as burial grounds are governed, primarily by the Welsh Church (Burial Grounds) Act 1945. This act places a duty on the Church in Wales to bury people from within the relevant parish on the basis that 'no discrimination shall be made between the burial of members of the Church in Wales and of other persons'. (Section 4.1). Thus, Church in Wales' burial grounds directly benefit the whole community but, without any other grant funding, are maintained at the expense of the local church itself.

Furthermore, churchyards and burial grounds are vital green spaces and often vital repositories of biodiversity. They contain ancient trees and mark

Readers' Letters

Please keep your letters BRIEF and address them to: The Editor, at Glamorgan GEM Ltd, Graig House, 53 Eastgate, Cowbridge CF71 7EL or email editorial@glamorgan-gem.co.uk

Letters and e-mails MUST include your FULL address, contact telephone number. We reserve the right to edit all letters. We do NOT accept anonymous mail.

the lives of the people of Wales.

The 2017 English Cathedral and Church Buildings Sustainability Review commissioned by HM Government looked at the specific point of the confusion arising from wording of Section 8 of the Local Government Act 1894. This concluded that subsequent legislation does allow for all local authorities, including community and town councils, to contribute to the upkeep of church property under certain circumstances – mainly related to the public benefit achieved.

The Church in Wales is enormously grateful to all the local authorities and town and community councils who have sought to assist local churches with the management costs of their churchyards over the years. We are certain they are legally entitled to do so, but more importantly, this support ensures these vital resources are maintained for the benefit of the public and local community.

Anna Morrell, Director of Communications, The Church in Wales, Cardiff.

So, where does the rubbish go?

A GROUP of kayakers on Saturday, unable to take to the sea due to the weather, were wishing to make their weekend break count. So they decided to do a rubbish clean up on the beach at Sully.

Wow, what a great bunch of guys. Then they decided to take the rubbish, collected in three big bin bags, to the Council waste and recycling depot at The Bendrick. To the lads' horror they were turned away, with the statement from a council official: "I'm sorry but no beach clean waste allowed to be brought onto this site; Vale of Glamorgan rules, not mine."

So what can be said about this? The kayakers will think twice about cleaning up other people's rubbish. And they now have to dispose of the rubbish themselves: how is that supposed to be done? Hiring a skip?

I'm personally appalled by this. The family and I do collect other people's rubbish and bring it home and dispose of it. Am I breaking the law now? Because this is now classed as 'marine rubbish' and should not be placed in the recycling or rubbish bags.

What do readers think about this state of affairs? Should we leave rubbish on a beach now?

Let's allow this environmental disaster to happen now, is that the message the council are stating?

Karl-James Langford, Barry.

GEM NOTE: We invited the Vale Council to comment, and this is the response:

Colin Smith, Vale Council operational manager for Neighbourhood Services and Transport, said: "We would like to thank the kayaking group for cleaning the beach and improving the local environment and we are sorry that they were unable to dispose of their waste at our recycling centre."

"Unfortunately, under the terms of the environmental licence, only residential waste can be accepted and the contractors that manage the site on our behalf have a legal duty to ensure that it remains compliant."

"However, we do provide a separate waste collection service to all voluntary litter picking groups across the Vale and would ask the kayaking group to contact us in advance so we can ensure that we provide them with the appropriate service."

MP doing 'the job for which he is paid'

I AM always very suspicious when a senior politician such as the Leader of the Vale of Glamorgan Council, Neil Moore, goes out of his way to attack and criticise another on subjects of relatively low importance or of historical and even of arguable credibility.

I always consider it a likely smokescreen to distract the public from some unpalatable imminent announcement.

In regard to last week's piece, where you report accusations of 'interfering and scaremongering' against MP Alun Cairns, Cllr Moore needs to recognise that it is the duty of all elected MPs to represent the views and best interests of all constituents – regardless of political persuasion.

I suggest that Mr Cairns, in holding the VoGC to account, is indeed doing one aspect of 'the job for which he is paid.'

Peter Graham-Woollard, Colwinston.

Oh, those Russians...

IN response to Ade Pitman of Barry (GEM letters, February 6), I offer this.

There is an old limerick which reads: 'There was a young lady from Niger, who went for a ride on a tiger; they ended the ride, with the lady inside, and a smile on the face of the tiger.'

How is this relevant to your letter you may well ask?

The Conservative Party has received a surge in cash from nine Russian donors, who have been named in an investigation into Russia's attempts to undermine democracy in the UK.

The report by Parliament's Intelligence and Security Committee identifies close links between major donors to the Conservative party and the Russian government, the Sunday Times reports.

The report was due for publication, but has been delayed until now by Boris Johnson. It has been suggested in media reports that the information would have damaged his chances of winning the recent UK general election.

Among those donors named in the suppressed report are Alexander Temerko, who worked for the Russian defence ministry and has previously boasted that the Prime Minister is his 'friend'. Temerko donated more than £1.2m to the Conservatives over the past seven years.

So, why would Russians pay all that money into

Conservative funds for no reason is a very good question in my eyes? So, for the tiger read 'Brexist' and for the young lady from Niger read 'Britannia' and we shall see who is smiling in the years ahead.

Charles Allen, Llantwit Major.

Only a few months left for the Connected Carers project

The Connected Carers Project supports family carers of people with a life-long and/or life-limiting condition and is funded by the National Lottery Community Fund until August 2020, so only a few months left for family carers to join the project and experience what's on offer.

You may like to share experience and knowledge and benefit from the support of those who know what it is like to undertake a 24/7 caring role. You can join events such as craft workshops, Zumba, yoga, cycle rides with Pedal Power, a Tai Chi class or attend a complementary therapy session such as a head or shoulder massage. In the spring there will also be walks and other outdoor activities.

Connected Carers is managed by Glamorgan Voluntary Services (GVS) and delivered by Cardiff & Vale Parents' Federation and Touch Trust. Activities are delivered at a range of venues and locations across Cardiff and the Vale of Glamorgan. For more information contact: Connected Carers at GVS on Tel: 01446 741706 or e-mail c/o Glamorgan Voluntary Services (GVS).

Send us your stories, photos, letters and sports reports

HIGH TIDE TIMES

The high tides listed in this week's Gem are those in Porthcawl. It should be remembered that along the coast, high tides times will vary. For instance, in Barry the high point will be 20-25 minutes later.

UNTIL FEBRUARY 20

Date	Time	Height (metres)
13/02/2020	09.27	10.2
13/02/2020	21.49	10.0
14/02/2020	10.09	9.8
14/02/2020	22.34	9.4
15/02/2020	10.57	9.1
15/02/2020	23.21	8.8
16/02/2020	11.47	8.7
16/02/2020		
17/02/2020	00.21	8.3
17/02/2020	12.53	8.1
18/02/2020	01.38	7.9
18/02/2020	14.17	7.8
19/02/2020	03.02	7.7
19/02/2020	15.44	7.8
20/02/2020	04.17	8.2
20/02/2020	16.52	8.5

While the Gem makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.

We abide by the code of practice upheld by the Independent Press Standards Organisation (IPSO). This contains provisions for issues such as accuracy.

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Talks held over bank's planned closure

VALE of Glamorgan AM Jane Hutt has met with the area director of Lloyds Bank, Matthew Thomas, to talk about the planned closure of Cowbridge's branch.

At the meeting on Monday, Ms Hutt raised her concerns about the customers who depend on the bank, especially elderly people and rural businesses.

She also flagged up representations that she'd received from the Cowbridge Chamber of Trade and farmers.

The AM: "Lloyds Bank has been a prominent feature of the Cowbridge High Street and I have expressed my deep opposition to the closure, alongside the opposition of numerous local residents and organisations. Many people in Cowbridge depend on this branch and the closure will be incredibly detrimental."

Cowbridge's branch, which is one of nearly 60 closing across the UK, is set to shut its doors for good on Monday, May 11.

A spokesman for the banking group explained that the closures were happening in response to changing customer behaviour and the move towards online banking.

The spokesman insisted the company would be looking at redeploying workers at Cowbridge's branch to other centres in a bid to avoid redundancies.



ABOVE: Vale AM Jane Hutt with the bank's area director Matthew Thomas.



LEFT: Cowbridge's Lloyds branch.

Hinkley Point company wants to dump more mud in Bristol Channel

STORY CONTINUED FROM PAGE ONE

AS NRW begins an assessment of the company's sample plan, it has launched a six-week consultation, running until March 18, with specialists including the Centre for Environment, Fisheries and Aquaculture Science (Cefas), ABPmer, the Environment Agency and NRW's own advisors.

NRW is also inviting public views on whether the sampling plan complies with international guidance, which ensures the disposal of dredged material at sea is safe.

Michael Evans, Head of Evidence, Knowledge and Advice for NRW, said: "The Bristol Channel and Severn Estuary is home to valuable wildlife and habitats and is important to our well-being and economy."

"It's our job to make sure activities in the estuary don't harm this important marine environment."

"This is an opportunity for people to raise concerns or provide us with important, relevant information on the company's sampling plan."

"We will consider all responses to the consultation to help us decide whether the number, location and depth of samples taken, what is measured and how they will test the sediment, complies with international guidance."

"People should check our website to find out

more about the consultation and the questions we would like them to consider."

NRW will also receive a request from EDF to consider whether an environmental impact assessment (EIA) will be required as part of the application process.

Once received, this decision will be made over the next few months and will be published on NRW's website, along with evidence to show whether an EIA is needed or not.

Michael continued: "This is the first stage of a long application process. The disposal activity in 2018 caused great public concern, so we intend to inform and engage with people about these plans over the next few months."

"Once we receive the full marine licence application and results of the sediment testing, we will thoroughly assess the information."

"We will only grant the licence if the company can demonstrate it complies with legal requirements and we're confident the proposed activity will not harm people or the environment."

All consultation responses need to be received in writing by 18 March 2020 to marinelicensing@naturalresourceswales.gov.uk or: Marine Licensing Team, Natural Resources Wales, Permitting Service (Cardiff), Cambria House, 29 Newport Road, Cardiff, CF24 0TP

Further information on the consultation and electronic copies of documents are available on NRW's website and online public register www.natural-resources.wales/CardiffGroundsSedimentDisposal

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Work starts on £85k games area

WORK has begun on a new multi-use games area at King George V Playing Fields in Llandough following an £85,000 investment.

The facility, which will be suitable for activities including football, basketball and other sports, is due for completion in around four weeks. Funding came from the Vale Council's Strong Communities Grant Fund (£45,000), Section 106 contributions from nearby developments (£20,000) and a £20,000 Place for Sport grant from Sports Wales. The Vale of Glamorgan Council and Llandough community Council have worked in partnership on the project.

Facilities at the Grange play area in Wenvoe and the Murch in Dinas Powys are among those to be upgraded over the next couple of months. Cllr Kathryn McCafferty said: "We're aware that young people living in Llandough have requested improvements to sports facilities, so we're delighted to help deliver this multi-use games area. This project will provide an all-weather surface and is part of a programme of work to upgrade play areas across the Vale."

Chairman of the MUGA Working Party, Community Councillor Dr Mo Misra said: "We are extremely grateful for the support we have had from the Vale of Glamorgan Council and Sport Wales, which will enable us to build this superb facility for the village. We are confident that the youngsters of Llandough will appreciate and enjoy this impressive facility for years to come."

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Old rocking horse found after more than twenty years

A BUSINESS owner said she was "practically crying" with happiness when she was reunited with a rocking horse she had wanted to buy nearly 30 years ago.

Suzanne Dickenson, the owner of Trade Price Sofas, originally came across the wooden rocking horse 27 years ago when she was a regular shopper in Cowbridge.

Trade Price Sofas has now opened a new shop called Enchante, home to the rocking horse which has been called Rupert, which sells a variety of high quality sofas and interiors in Cowbridge.

Suzanne, from Llantrisant, said: "I used to be a regular customer in Cowbridge and I used to go back and forth to this shop called Xantippe to buy things for my son who was two at the time.

"In this shop there was this wooden rocking horse. I've always had a love for rocking horses - they always have a story around them and they look great. It was so tall and amazing but it had a high price tag on it."

Suzanne said she wanted to buy it for her son, Jordan Smith, for Christmas or his birthday but it had a "high price tag" of around £2,000.

She said she would always call the shop or go back to visit to check the wooden rocking horse was still there, however she never bought it and it was eventually sold.

Suzanne said it was this rocking horse which inspired her to look for a rocking horse to decorate Enchante.

She said: "I set out to find a rocking horse for the shop because the one in the shop in Cowbridge always used to make me smile, and I thought 'hopefully I can find a cute one which can come here and do the same for others'."

"I found one which was of a beautiful quality. The man selling it was a little old man called Mr Usher who was lovely, and I told him that I'd always wanted one and I asked him to



Wooden rocking horse Rupert in the new shop Enchante, inset is the outside of Enchante

tell me the story behind it.

"He told me the rocking horse had stood proud in his house for 27 years and that all his children had grown up with it."

Suzanne said she asked for more of the horse's back story when Mr Usher revealed it had come from the market town.

"I asked him to tell me more about the story around the rocking horse, and he told me he'd bought it from this small shop in Cowbridge called Xantippe."

Suzanne said: "I couldn't believe it, I was just like 'oh my god, this is so crazy'. I was practically crying, and I told him 'your rocking horse is the same one I wanted 27 years ago'."

"I told Mr Usher that I'd remembered the horse in the shop and I'd always wanted it."

She said that the rocking horse had been popular with customers in

Xantippe decades ago.

While the wooden horse was loved by customers at the shop, many didn't buy it due to the high price tag.

Suzanne said: "I used to check all the time and I used to call up and ask 'is the rocking horse still for sale?' and they'd always say yes; until one day when they said they'd sold him, and I said 'how can you sell him?'"

"My little boy is 27 now and he's really gob-smacked that I found the same horse."

Trade Price Sofas, which has two warehouses which supply sofas across the UK, opened Enchante Sofas and Interiors as the business has attracted celebrity customers such as former footballer Rio Ferdinand, Katie Price, as well as Holly Hagan and Charlotte Crosby from hit reality TV show *Geordie Shore*.

Suzanne said she is also in talks with Sophie Hinchliffe, known publicly as

Mrs Hinch, a household advice guru from Essex, as well as Kerry Katona.

Suzanne said it was "extending the business" and giving it a base which prospective customers, including high profile clients, could visit.

She said: "I've been in the furnishing industry for 27-30 years. I've got an Instagram with the company's sofas with different celebrities like the *Geordie Shore* girls."

"We sell the sofas across the UK, I have a couple of warehouses but what's why decided to open a shop in Cowbridge; it's bringing something back to the town - especially with the number of things closing and it's bringing people here."

You can visit Rupert and look at the variety of items on sale at Enchante which opened earlier this week.

Expert valuations at Llantwit auction event

AN auction-themed afternoon is taking place at St Illtud's Church in Llantwit Major on Tuesday, February 18, beginning at 2pm.

Star guest will be Ben Rogers Jones, well known to fans of the TV's *Bargain Hunt*. He will be talking about the life of an auctioneer, and there will be a valuation quiz for everyone to test out their skills.

Ben Rogers Jones will also value any items that you may wish to bring along,

although please be sensible about bringing items you know are valuable, and check your home insurance!

Admission is £5, which includes refreshments and one item for valuation. Extra items (£3) to be paid at the door.

Tickets are available from St Illtud's Parish Office (01446 792439) or Nickelby's Bookstore. Come along for an entertaining afternoon and help support the Friends of St Illtud's Church, Llantwit Major.

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What's on in your area?

Vale National Trust

ON Wednesday, February 19 Henry Thomas will speak to the Vale National Trust Supporters' group at 11am in the Duke of Wellington, Cowbridge on Landscape Art and the Spirit of Place. Guests are very welcome.

Macmillan quiz

TEST your 'little grey cells' while having fun, enjoying a drink in good company, and raising funds for Macmillan Cancer Support.

How? By joining us in Pontyclun Athletic Club on Friday, February 28 for the Macmillan Mammoth Quiz, starting at 7pm. Teams of up to eight people, £5 per person. Teams of quizzers in all parts of the UK, and beyond, will start the quiz on the same day, at the same time and answer (or not) the same questions. It is entered in The Guinness Book of Records as the biggest simultaneous quiz and has raised nearly £400,000 to date.

Get a team together and join us this year - we'll even supply the table nibbles! For tickets contact Edwina 07710 198617 or Pontyclun Macmillan Group FB page or use this link, macmillan-org.charitycheckout.co.uk/pontyclundistrict/profile.

Views sought on flood scheme

NATURAL Resources Wales (NRW) has completed its assessment of options to manage flood risk in Dinas Powys and is now seeking the community's views.

Using records of past flooding events and hydraulic modelling, NRW has confirmed that there is a significant flood risk in Dinas Powys from the Cadoston River and its tributary, the East Brook.

NRW believes it has looked at all practicable options to address the flood risk for 197 homes in Dinas Powys and Eastbrook.

Following published guidelines, each option was assessed on whether it provided a community-wide solution, adequate level of flood protection, if it was technically possible to build and the environmental and social impacts. NRW also listened to the views of the community and stakeholders and used this feedback during its assessments.

NRW has also considered the economic viability of each option to determine if they provide good value for public money. This means providing a greater benefit than it costs to develop and build it.

Five options were shortlisted:

- Natural flood management – implementing nature-based measures such as building ponds, placing leaky dams across streams, planting trees and soil decompaction, to slow down and store flood water;

- East Brook channel storage – using the natural oversized channels to store flood water to reduce flood flows downstream in Dinas Powys;

- Cadoston River upstream storage – building an embankment between Cwm George and Casehill Woods to temporarily store flood water during times of heavy rain;

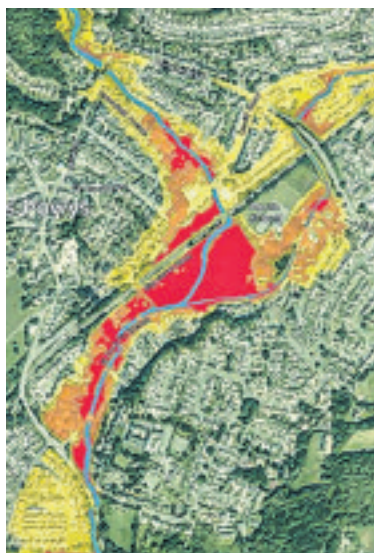
- Flood scheme through Dinas Powys – building walls and embankments along the river banks, in house gardens and the verges in St Cadoc's Avenue, to contain the flood flows;

- Combined upstream storage and channel storage.

Based on the latest assessments, the risks and feedback from the community, landowners and other stakeholders, NRW does not think there is currently a viable scheme to deliver a community-wide solution to manage the flood risk in Dinas Powys.

Tim England, Operations Manager (Flood and Water Management) for NRW, said: "Flooding can devastate people's lives and it's our job to look at ways to manage the flood risk in our communities across Wales.

"We believe we've considered all practicable



ways to reduce the risk to the community in Dinas Powys, but unfortunately there appears to be no perfect solution.

"The reasons for this are different for each option considered. Some are not technically possible to build, some would be too expensive and impractical, and others carry risks that could materialise to become too expensive.

"We are listening to and considering the views of the community, landowners and other stakeholders throughout this process to inform how we move forward.

"Over the next few weeks, we will be speaking with people to explain our findings, and we would like to hear their views."

More detail on the flood risk, the options considered and how each one has been appraised is available on NRW's website: www.naturalresources.wales/dinaspowys

NRW is asking for feedback on its findings by March 27.

Staff say farewell as power station closes

MORE than 3,000 former workers at Aberthaw Power Station gathered at the station to say goodbye on February 6 following the final closure at the end of January.

Vale AM Jane Hutt joined the gathering to thank the workforce for their skills and steadfast commitment over decades of power generation including the support staff and managers.

Ms Hutt said: "I have been coming to Aberthaw Power Station regularly over the past 21 years; more recently meeting with union and management to ensure that everything was being done to support the current workforce with retraining, job search and support. I was pleased to thank canteen staff Mrs Pritchard and her daughter Julie, alongside Theo Stenstrom, who was Union convenor and worked at Aberthaw from 1965 to 2000. I wish them all well."



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Councillors' surgeries

THE Labour councillors for Buttrills, Cadoc, Castleland and Court Wards will hold their monthly advice surgery on Saturday, February 15 in the Small Community Room, Barry Library, King Square from 10am until 11am. No appointment necessary.

Cake sale in Penarth

FRIENDS Penarth Library will hold a cake sale at the library in Stanwell Road, between 10am and 1pm on Saturday, February 15.

Surgery for local councillors

LLANTWIT First Independents will be holding a surgery at the Old School, Wine Street, Llantwit Major on Saturday, February 15 from 9.30am until 11.30am. Residents who have any issue to raise are welcome to attend.



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Messy Church

MESSY Church takes place on Sunday, February 16 in the Reading Room, Bonvilston at 2.30pm until around 4pm.

A warm welcome is extended to youngsters and toddlers (with their parents) for fun activities, crafts, singing, a Bible story and refreshments.

For further information, contact Rev Lee Dufield on 07784 869020, Rev Canon Martyn Davies on 01446 760498 or Ann Roach on 01446 781309.

Art Exhibition at Pontyclun

A combined exhibition will run from March 7-28 by Rhonda artist Sylvia Lewis of nostalgic valley paintings with local artist Kevin Cecil's intricate animal paintings and sketches, takes place at the Giles Gallery of Pontyclun and is open from 10am to 5pm, Tuesday to Saturday. For further information, call 01443 228638.

Prison visitor hid drugs in his underwear

SECURITY officers at Bridgend's Parc Prison had a surprise when a visitor removed his boxer shorts, Cardiff Crown Court has been told.

Concealed inside were class C drugs worth more than £2,000, said prosecutor Thomas Stanway.

Leighton Brown, 21, broke down in tears and told them: "This has wrecked my life."

Brown, of Townhill, Swansea, admitted taking a prohibited substance, Subutex, into the prison.

He was jailed for six months, and was told by Judge Paul Thomas: "You have learned a very hard lesson."

He added: "You took a chance and it didn't come off."

Mr Stanway said that on May 15, Brown was visiting a friend in the prison and when he was stopped and searched, he removed his boxer shorts.

Hidden, and wrapped in cling film, were 41 tablets, worth £2,050.

His solicitor, Robert Chudleigh, said Brown had been told by his friend that if he didn't take the drugs into the prison, the inmate would be harmed.

"He became very nervous when he entered the prison," said Mr Chudleigh.

He added that he had suffered from depression.

"He apologises profusely and realises how foolish and stupid he has been."

The Judge said: "This is a very sad case. Taking any type of drugs into prison is a serious matter, and it is only very rarely that custodial sentences can be avoided.

"Drugs in prison cause great problems and undermine discipline. It was not a minor amount but I accept you are immature and I bear in mind your age and that you have lost your job and a relationship."

**Email your stories, photos and letters to
editorial@glamorgan-gem.co.uk**

Can you help historians in their search for answers?

THE Local History Room is hoping GEM readers will be able to shed some light on some photographs which have been sent in.

Six black and white photographs, taken around 1969, show members of the Youth Club based at Ramoth Chapel constructing two types of bridges across the River Thaw at Beaupre.

One crossing is made out of ropes and the other of barrels and old wooden doors.

A spokesman for the History Room said: "Can you identify anyone in these photographs? Can you tell us more about the exercise?"

"Do you want any or all of the pictures after we have scanned a selection for our records? Please contact Betty Alden on 01446 773373 or email betty-alden1@gmail.com.



MP calls on mobile giants to improve Vale network

VALE of Glamorgan MP Alun Cairns has challenged mobile phone operators to fill in the 'not spots' around the Vale of Glamorgan, particularly the area covering the Vale Business Park in Llandow.

The Business Park, like many other areas in the Vale struggling with network coverage, is home to dozens of local businesses who are reliant on mobile coverage to operate. Alun Cairns said: "It is outrageous that with today's modern technology, such a vast number of areas throughout the Vale do not have access to any mobile coverage. There are problems with some networks in and around Cowbridge too, which is one of our major towns!"

"I have contacted the major mobile operators to ask them to update me on the work they are undertaking to improve the network. I am looking forward to working with the various providers to ensure all is done to improve the network in the area. We must always be sensitive to mast location, but there are always ways of finding solutions with today's technology."



Young global citizens make a Croatian connection



YEAR 1 pupils at St Illtyd Primary School were delighted to receive a very special parcel last week all the way from Croatia.

The children have been taking part in an e-Twinning project hosted by the British Council entitled 'Travelling Ted's Winter Excursion'.

They were challenged with filling a suitcase full of 'Welsh culture' for Ted to take to their partner school in Zagreb, Croatia. The children enjoyed

making paper daffodils and card lovespoons and baking bara brith, as well as writing about Wales and creating digital posters.

Now they are all set to send Ted off on his adventure.

The Croatian Ted has already arrived, and the children were delighted to discover a box full of Croatian goodies. They have loved their first international project – finding out all about year 1 children in another country – and can't wait to start the next one.

Hats off to Colwinston



AT the February meeting of Colwinston WI, president Liz Stone welcomed everyone, especially the new members who attended as visitors and decided to join.

She welcomed two more visitors and hoped that they would also join the WI. The programme for the coming year was discussed and suggestions taken for speakers and outings. Each member was given a triangle of cloth to decorate, to make bunting.

Liz then introduced Carolyn Campbell, who has a hat hire business in Heol Y Cyw. Members had been asked to wear all kinds of hats for the occasion.

Carolyn explained the difference between hats, fascinators, 'hatinators' and hats, large and small. Members modelled the hats and tried on different styles and colours. There was a suggestion that a garden party, or perhaps a Mad Hatters Tea Party, should be held in the summer.

Rotary Youth Leadership Award opportunities for the adventurous

THE Rotary Youth Leadership Award improve self-confidence.

scheme (RYLA) is one of the wide range of youth activities supported by Rotary clubs and is designed to offer young people an opportunity to take part in a challenging week in the Brecon Beacons.

The one week residential course, which is based at the Storey Arms Outdoor Education Centre, concentrates on the development of leadership skills. A range of outdoor activities are pursued which are designed to help students develop their team-working skills, practice leadership and

Three separate six-day courses, each with 30-40 young people attending, are run in the first half of the summer holidays. The students do not pay to attend the course, as the costs are met by the sponsoring Rotary club. To participate, you must be 16 or 17 years old at the time of your course.

If you want to improve your leadership ability, interpersonal skills and self-confidence – and, of course, have tremendous fun by trying out new and challenging activities, then RYLA could be for you.

For more information, contact Cowbridge Rotary at: mikeraina@btinternet.com.

Juniors visit the Coastguard

THE Juniors of 2nd Llantwit Major Boys' Brigade were delighted to be invited to visit Llantwit Major Coastguards.

We talked about what the Coastguard service do, and explored some of the equipment used to carry out rescues. The boys had a fantastic evening and we would like to thank the volunteers who gave up their time so we could have this wonderful experience.

There are some vacancies in Boys' Brigade in Llantwit Major, so if anyone would like any further information, contact Debbie on (01446) 796208.



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Meet your Member of Parliament

MY last column focussed on the achievements of the 'Vale's Finest' by highlighting their service to the community that were recognised in the Queen's Honours list.

Again, congratulations to everyone – I know almost all the recipients and am familiar with their work in the constituency.

Although he no longer lives locally, I feel that I must pay tribute to one of the Vale's greatest ever exports, Sir Keith Thomas CH, FBA, FLSW, FRHistS.

The string of honours after his name only underlines his achievements.

My reason for focussing on Sir Keith is that in the New Year Honours, he was awarded the Companion of Honour.

This award is limited to 65 living people, including Her Majesty.

To receive this honour is extremely rare and the list of 65 includes world famous names. It is only awarded to those who have made a major contribution in their field that has benefited the country over a long period of time. It is the highest recognition – and the Vale has one of them!

Sir Keith was born in Wick and is the brother of Tony Thomas, Pancross, one of the Vale's best known farmers.

Sir Keith's recognition is for his contribution to our understanding of history. His service has also been acknowledged by a host of international bodies in the US, Italy and elsewhere.

He is a great example of a pupil of Barry County

Grammar winning a scholarship to go to Oxford. He graduated from Balliol College in 1955 and went on to a fantastic academic career that has led to scores of publications.

This story should serve as a great inspiration to young people who are studying for GCSE and A level exams this summer.

On a separate note, the debate around incineration has made it to the Commons. I spoke in the debate to highlight the inconsistency of Welsh Government policy. I recall the Vale Council rejecting the application, only to be over-ruled by the Welsh Government planners. This was one of the first activities I undertook, when I was first elected almost 10 years ago.

Since that time, there have been delays at each and every stage and I pay tribute to the DIAG group for their vigilance, persistence and monitoring of the project.

The latest is that the Welsh Government need to recognise the operation as a Development of National Significance. It's hard to believe that there hasn't been an Environmental Impact Assessment.

This is an issue that will not go away and the Welsh Government need to review their policy.

It is all well and good for MPs and AMs to criticise the decisions in the press and at protest marches, but the only solution is to change the policy. Devolution means that my actions in the House of Commons on this will only change the policy for England.

It's time our AMs supported changes in Cardiff Bay.

MP Alun Cairns talks about Sir Keith Thomas and the impact of incineration in the Vale in his monthly column for The Glamorgan GEM



Cowbridge Male Voice Choir to attend anniversary in Netherlands

COWBRIDGE Male Voice Choir (CMVC) has accepted an invitation extended by the people of the town of Emmen, Drenthe province (north east of The Netherlands) to perform at the 75th anniversary of the liberation of The Netherlands from German occupation in 1945.

The town of Emmen was liberated by British and Allied Forces under the command of General Montgomery. Welsh Regiments were involved, particularly the Welsh Guards.

The remembrance ceremony is to take place in Emmen on May 4. Prior to the ceremony, the choir will sing at a British and Allied war cemetery, where it is anticipated that relatives and representatives from UK, Australia, New Zealand, South Africa, USA and other countries will be present. The service will be held at a Cenotaph centrally situated in the town and close to the Grote Kerk – Great Church – where the choir will perform after the completion of the Remembrance Service.

On May 5, the choir will give a joint concert at a 1,000 seat theatre in Emmen, billed as the

Liberation Concert. On May 6, they will perform in aid of the Dutch War Veterans charity in the Grote Kerk in Emmen.

It has taken over two years of painstaking work by organisers in Cowbridge and Emmen to bring every detail of the venture to a successful conclusion. The local authorities of Emmen municipality are supporting the choir financially with a grant to the Dutch organisers, to help defray choir accommodation costs. CMVC approached the Welsh Assembly with a request for financial support, but apparently the invitation did not meet their financial criteria for support. Credit must be given to AM Jane Hutt and MP Alun Cairns, both of whom saw merit in supporting the financial application.

As far as I am aware, Cowbridge MVC are the only choir in south Wales to be invited to perform at the 75th Liberation anniversary ceremony, and therefore represent Wales. The choir is extremely proud to be representing Wales and paying homage to those who sacrificed so much for freedom both in The Netherlands and beyond.

Lest We Forget.

R O Pritchard

Plenty of variety with the Glamorgan Ramblers



WITH storm Ciara predicted, it was decided to cancel last week's Vale of Glamorgan Ramblers walk.

Although only in the second month of the year, the group have been offered nine walks, some were Tuesday winter walks and the regular Sunday walks.

The first walk of the year was on New Year's Day, which was a poignant walk for the group as it was the first time they used a gate that had replaced a broken stile on the cliff top on the coastal path to the east of Colhugh beach. The gate had been purchased by the Vale of Glamorgan Ramblers using a legacy left by past chair Mike Carey, so it was only fitting

that this gate is dedicated to him as a thank you, and also to remember him by.

Mike was an enthusiastic walker, and one of his favourite walks was along the coastal path. The work of placing the gate was done in conjunction with the Vale Council and CADW, as there is site of historic interest on the cliff top.

The Ramblers are looking to identify stiles during the year which need repairing and jointly working with landowners and the Vale Council to replace the stiles with gates.

The walks so far this year have ranged from a lovely walk in the Monmouth area; the Gower – always popular with members, especially Oxwich Bay, and this

walk is always followed by visiting the hotel on the beach for refreshments; a very wet walk in the Garw Valley and walking the Ridgeway above Heol y Cyw, where the swish of the wind turbines could be heard before they were visible.

With the spring flowers starting to make their annual display, it gives hope that the better weather is on its way. The nights are drawing out and with the lighter evenings, members will be looking forward to a new summer programme which starts in April and will include the popular Wednesday evening walks.

Details of current walks are available on the Vale of Glamorgan Ramblers website.

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E-Foiling – the latest high adrenaline water sport is coming to Swansea

E-FOIL surfing – the latest trend in watersports where riders use high tech boards equipped with electric motors to glide high above the water – is coming to Swansea this Easter.

It will be one of the first places in Wales to offer the sport. Matt Barker Smith, a watersports operator in Swansea, will launch e-foiling sessions in April to boost the start of the summer tourism season. E-Foils work by propelling water backwards by use of a small battery operated electric motor attached to an underwater wing. Speed increases to 10mph as the hydrodynamically shaped wings create lift, so the boards float above the surface.

Matt, who runs The SUP Hut, described e-foiling as an extremely exciting and exhilarating sport where riders can reach speeds of up to 20mph on boards that rise up to 50 centimetres above the

water. He said: "They're magical to use and a superb way to explore and discover our amazing coastline and coves. The foil is quiet yet powerful, and feels as if you're floating."

As a qualified trainer with the Water Skills Academy, Matt was invited to host their first hydrofoil workshop last year at Port Eynon which attracted around 50 people from around the UK. He said: "This sport is just taking off in the UK so it's good to be at the forefront of what I anticipate will be a hugely popular new addition to the watersports on offer, and yet another reason for people to visit the area. Our launch supports the growing recognition of Wales as a major centre for activity based holidays and ties in with 2020 being designed by VisitWales as the Year of Outdoors, promoting unique outdoor experiences, adventures and events."

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After a full career in the RAF, Paul gained his Velotech Gold qualification at Cycle Training Wales where he volunteered for a year, in addition to volunteering at Repair Cafe Wales.

He is fully aware of the health and social benefits of cycling and promotes up-cycling over sending materials to scrap.

Paul offers first class, sympathetically restored bikes and prams, along with a professional, guaranteed maintenance service to anybody who owns a bicycle, brand new or well loved.

He also provides a pickup and drop-off service and can offer a courtesy bike as required. Paul says: "Have fun, get fit, beat the traffic, and save money."

Dog of the Week



MOO is a bright five-year-old Border Collie who is looking for a quiet home in the countryside.

She is sensitive and isn't keen on loud noises, so would love to live the rural life away from hustle and bustle.

Moo enjoys the company of dogs and could live with another calm dog in her new home. She would love a large garden where she can play to her heart's content.

Moo is looking for an adult-only home who have experience of Collies or of nervous dogs that need a bit of extra TLC. She would like her

new owners around for most of the day and can slowly build up the time being left.

She is currently working with the rehoming centre's behaviour team on the things that worry her and is doing really well, so she would love it if her new family could visit her multiple times to build up a trusting bond.

Once she settles into her new home, Moo will be a fun and rewarding addition.

For more information on Moo, visit the Dogs Trust Rehoming Centre in Bridgend, CF31 4NG; call 01656 338745 or visit www.dogstrust.org.uk.



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'Big step' forward for law banning animals in circuses

A BAN on the use of wild animals in travelling circuses in Wales is one step closer to coming into force after completing stage two of its legislative proceedings.

Travelling circus life compromises welfare for wild animals and the law will outlaw the use of wild animals in this environment, with Wales set to join 45 other countries who have taken action.

RSPCA Cymru had worked closely with members of the Senedd on a series of amendments they hoped would improve the Bill yet further, but these did not receive majority support during stage two proceedings.

The animal welfare charity is eager to see further improvements to the proposed law including those that would deliver a full ban on wild animals travelling with a circus, close loopholes, implement the ban sooner and extend punishment provisions.

As drafted, the law is due to come into force on December 1, 2020.

Chris O'Brien of RSPCA said: "With stage two consideration complete, a ban on the use of wild animals in travelling circuses is one big step closer. Confinement, stressful transportation, forced training and abnormal social groupings are all a grim reality for the animals involved."

"While the legislation is very welcome, we are eager to secure further improvements to the Bill. We're really grateful to those who supported these calls. The RSPCA is disappointed these amendments weren't successful, but will continue to work hard in the hope of further improving this important law as Wales gets ever nearer to bidding farewell to the outdated spectacle of wild animals being used in travelling circuses."

"Clearly, this was an important day for animals with this ban one step closer to reality. We can't wait to see the use of wild animals in travelling circuses consigned to the history books in Wales once and for all."

Wick YFC shine light on marine pollution at county drama finals



ALL seven clubs were out in force last weekend in the Glamorgan County Drama finals at the Porthcawl Pavilion, each vying for the top spot to represent Glamorgan at the Wales finals, adjudicated by Alan Hayes.

Wick were delighted to achieve fourth place with nominations for Best Director, Best Scenery and Most Promising Under-14 actor. Making his directing debut for Wick YFC was Tom Edwards, who earned a nomination as Best Director with *The Selfish Shellfish* which brought to life the effect of marine pollution.

With a cast of only 10 members, it was led by chairman Luke Morgan as HC the Hermit Crab; the set was designed by Pam Morgans; and the impressive costumes were by Sally Holmes, assisted by Charlotte Thomas.

Mr Hayes described the cast as "a very fine company of actors" which included Sophie Price's

Seagull, Lauren James as Mussel, Bel Roberts as Urchin and her sister Lucy as a no-nonsense auntie. Hollie Jones as Sludge also impressed the judge, as did *The Great Slick*, played by Alisha Major, along with narrators Rhianna Jones, Hollie Jones and Rory Vizard, hidden behind the anemone.

Thanks go to Tom for his incredible debut as director; Pam, Sally and Charlotte for their superb scenery and costumes; Mary and Jane for their banquets during dress rehearsal and finally to our sponsors Ty Tanglwyst, Oil Facilities Ltd, The Star Inn, Riverlea, Groes Farm Stables, Ogmere Farm Riding Centre, Heather March and Mike Thomas – we appreciate your help enormously.

Visit Glamorgan YFC's Facebook page for more details on events. For more information on Wick YFC, visit www.wickyfc.com The club meets at Wick Village Hall on Tuesdays at 7.30pm. Anyone between 10 and 26 years old is welcome to join; no farming background or wellies required!

MP continues campaign for new station

MP for the Vale, Alun Cairns, has met with the Secretary of State for Transport, Grant Shapps MP and his deputy, Chris Heaton Harris MP, to discuss the case for a new train station in St Athan.

The Government has committed £500 million to restore train lines and reopen stations throughout the country.

Mr Cairns discussed the opportunities at St Athan with both Ministers at a recent meeting in Westminster.

The fund will help reconnect smaller towns, assist in regenerating local economies and improve accessibility to jobs, homes and education.

Mr Cairns said: "I am pleased to welcome this commitment to help improve transport links across the whole of Britain."

"St Athan is a clear choice for

the investment, to help improve its connectivity to the wider area and capital city.

"The investment will only be considered if there is widespread support from the local community."

"We know local residents are supportive and so I am continuing my longstanding campaign with the community, the Vale of Glamorgan Council and Welsh Government to secure this investment."

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Supermarket reveals expansion plans

SUPERMARKET giant Lidl has bought a chunk of land adjacent to its warehouse in Bridgend as part of expansions plans, it has been revealed.

Bosses at the German retailer said the newly-acquired land will enable the supermarket to extend its distribution centre to more than 36,000 sqm, which will significantly increase its capacity.

Simon Hedderman, Regional director at Lidl GB, said: "We first opened our warehouse here in Bridgend in 2004, servicing Lidl stores across Wales. In this time we have experienced considerable growth, with more customers shopping in our stores than ever before. In addition to providing new state-of-the-art facilities for our colleagues, the extension will enable us to expand and strengthen our operations across

Wales, while creating even more job opportunities to support the local community."

The distribution centre currently employs 233 people across a variety of different roles and departments, including logistics, supply chain, property and administration, with expansion plans providing capacity to increase the workforce further in the future.

The teams provide vital support to a growing network of 58 stores in Wales.

Ingo Fischer, chief development officer for Lidl GB, added: "As part of our expansion plans and to support our store growth, we have been working hard to strengthen our infrastructure, through the opening of new warehouses and the development

of existing operations. The expansion of our Bridgend distribution centre will ensure that we are able to provide continued support to our current store network in Wales, while paving the way for future growth."

Bridgend is one of 13 Lidl distribution centres operating across the UK.



Fire service predicts call outs for year

SOUTH Wales Fire and Rescue Service has revealed the number of incidents it expects to attend next year.

A report for the Authority meeting on February 10 shows the authority's expectations for 2020/2021 in relation to the number of fires attended, false alarms, road traffic crashes, special service calls, deaths and injuries and the percentage of house fires kept to the room where they originated.

The number of fires attended in the current financial year of 2019/2020 is currently predicted to be lower than the number recorded during 2018/2019 and the provisional target for next year is 6,043. For false alarms, the number this year is also set to be lower than last year's with a projected total for next year of 7,869 and the number of road traffic crashes

is also predicted to be lower this year than last year with a target of 1,110 for 2020/2021.

But for special service calls, which are services other than firefighting, the number of incidents this year is due to be higher than last year's, with 2,276 predicted for the next financial year. The number of deaths and injuries as a result of fire in 2019/20 is currently predicted to be slightly lower than the number attended last year, with 72 the projected figure for 2020/2021.

The same is true of the number of deaths and injuries as a result of an accidental fire which is currently predicted to be lower than the number last year with a forecast of 57 for next year.

The percentage of house fires confined to the room where the fires started is predicted to be higher than last year with the target for next year being 84%.

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Aldi's commitment to Welsh Beef hailed as boost for industry

NEWS that one of Britain's largest supermarkets, Aldi, has committed to stocking a new range of PGI Welsh Beef products across more than 50 stores, has been hailed as a boost for the industry.

Speaking after the official announcement was made in Cardiff, Farmers' Union of Wales deputy president Ian Rickman said: "This is a most welcome step in the right direction. Given the uncertainty our farmers face over future trade deals, supporting local suppliers is key to ensuring we have thriving, sustainable family farms here in Wales."

"Farmers in Wales produce excellent, sustainable, quality PGI Welsh beef and PGI Welsh lamb and we are confident shoppers won't be disappointed by the new range. I can only encourage other supermarkets, restaurants, cafes and anyone else who is involved in the food supply chain to follow suit."

From February 12 a range of 13 different products, including a selection of filet, ribeye and sirloin steaks, both 28 and 21 day matured, as well as roasting joints and diced beef, will be available in over 50 stores across Wales. The deputy president also used the opportunity to remind the Welsh Government that the decision to leave the EU presents an opportunity to revisit procurement laws and policies.

"Aldi is setting an outstanding example with their commitment and I urge the Welsh and UK Government to remember that we now have an opportunity to revisit procurement laws and policies in a way which ensures public bodies also lead by example in terms of supporting local, Welsh and UK food and farming businesses."

"We must place further emphasis on the benefits of local procurement and work to ensure that the principles laid down in the Plan for Local Procurement are adhered to in a way which results in investment in and benefits to UK businesses."

"It can't be stressed enough that we need to instigate procurement policies which encourage the



Minister for Environment, Energy and Rural Affairs, Lesley Griffiths; Aldi UK buying director Nick Rose and Ian Rickman.

creation of new companies and cooperatives which allow smaller businesses to tender for procurement, in order to bring benefits in terms of local employment and redressing imbalances that currently exist throughout the supply chain."

Penarth Ramblers explore the Ely Trail

IT seemed a good idea when Alison from Penarth and District Ramblers, having been forced to cancel her planned walk and choose a more local one instead, opted to use public transport.

However things did not go quite to plan as roadworks held up their first bus which meant they missed their connection in Cardiff. Finally arriving at St Fagans, and setting off to walk the seven-mile Ely Trail one hour later than planned, at least the sun was shining as the group of 10 tramped along the east bank of the Ely River and through Glan Ely Woods.

It is impossible for the trail to follow the river in its entirety so the route which is shared by pedestrians and cyclists that opened in 2009 wends its way through built up areas as well.

Pavement pounding along Bwlch and Norbury roads they made their way to a small park close to Waun y Groes railway station and stopped for morning break, which tended to be a lunch stop as well due to the late start.

Then, crossing the footbridge over the main Cardiff to Swansea railway line and waving to a passing train, they were delighted when the driver hooted a reply back to them. Reaching Ely, where the trail has been diverted as a total of 800 new homes are being constructed on the old Arjo Wiggins Paper Mill site, they learned that when building work is over the trail will run along the east side of the river.

Continuing through a wooded area alongside the busy A4232 and close to the river, they arrived at Leckwith Road where the medieval Leckwith Old

Bridge is still used but only to provide access to Leckwith Bridge House.

After crossing the busy road and continuing through open ground at Leckwith Moors Park and Grangemoor Park, more pavement pounding led them through Penarth Marina and across Pont y Werin or the 'People's Bridge' over the River Ely, which forms part of a circular walk around Cardiff Bay.

Climbing uphill they made their way back to Penarth Leisure Centre, marvelling at the fact that despite a few muddy areas, walking boots were clean which under present conditions is something of a miracle.

On February 15, an 8.5-mile easy/moderate walk taking in Clytha Folly and Bettws Newydd Church with a stunning display of snowdrops along the way, will leave Cogan at 9.30am; call Jan/John on 01446 418514.

Wear suitable clothing, preferably boots and carry waterproofs, food and drinks. Some degree of fitness is required and if you are in any doubt, then please contact the leader for advice. For up to date information log onto www.penarthramblers.wordpress.com or follow on Facebook. Programmes and membership advice can be obtained from Pam on 029 2025 5102.

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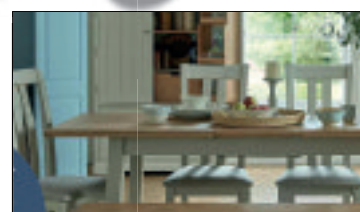
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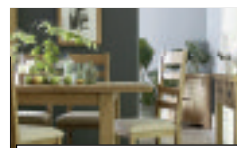
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Campaigner calls for advertising board ban across Wales

A PARTIALLY sighted south Wales woman is campaigning to get street advertising boards banned across Wales.

Angharad Padgett-Jones, 26, from Port Talbot, is registered as severely sight impaired and says that advertising A-boards severely impact blind and partially sighted people, making it harder for them to maintain their independence.

Angharad is campaigning for a nationwide ban with support from RNIB Cymru and has submitted a petition to the National Assembly for Wales which received more than 80 signatures. The petition will be reviewed by the Petitions Committee this year.

A-boards are commonly found on pavements outside shops and cafes. They can pose a significant problem for blind and partially sighted people as they severely limit street access, putting people at increased risk of trips and falls. They often force people with sight loss or other mobility issues to walk on the road to avoid them, risking serious injury. As they are rarely in fixed positions, blind and partially sighted people often cannot rely on pre-learned routes, which limits the extent to which they can walk confidently and safely on the street.

There are currently 111,000 people living with sight loss in Wales and this number is set to double by 2050. A-boards are not currently banned in Wales, but regulations regarding their use vary across Welsh councils.

A year-long trial ban on A-boards and temporary on-street advertising was launched in Edinburgh in November 2018. A review by

Edinburgh Council's Transport and Environment Committee found that the ban was successful in making the city's streets more accessible and recommended that it remain in place.

Angharad said: "Most people with reduced mobility are affected by A-boards, whether they are blind or partially sighted, in a wheelchair or pushing a pram. As I lost my sight, I kept tripping over them and injuring myself. It is hard to get about when there are A-boards propped against every building and being blown around. Walking down the street feels like an obstacle course."

"The A-board ban in Edinburgh has been so successful. I visited the city twice in the last year. It was the first time I went independently with my guide dog and I felt much safer on the streets there than I do in my home town."

"The world can be a scary place when you can't see, and this is one small thing Welsh businesses and councils can do to make it feel safer for people with disabilities. We have the infrastructure in Wales to make our streets more accessible. We need a nationwide ban and for each council to enforce it."

"I am thrilled to have received so much support for the petition from the public and Welsh Assembly members. I look forward to the Assembly discussing the petition in the New Year and moving forward with this issue."

RNIB Cymru Campaigns Officer Kirsty James said: "All pavement obstructions have adverse effects on blind and partially sighted people because they make getting around harder. The more difficult it is to get



around, the less freedom and opportunity people have to participate in their local community and contribute to society. We will continue to support Angharad with her important campaign and hope to see real change from the Welsh Assembly in the new year."

RNIB Cymru is calling for all local authorities in Wales to explore the following options, working with blind and partially sighted people:

- Conduct audits and introduce a zero-tolerance policy to A-boards;
- Produce clear

guidelines for businesses;

- Work with local blind and partially sighted people to monitor and mitigate the impact of any temporary obstructions that appear on the highway;
- Work with local business owners to make them realise how advertising-boards cause real difficulties for blind and partially sighted people and to consider alternative forms of advertising.

For more information about Angharad's petition, visit: senedd.assembly.wales/mg/IssueHistoryHome.aspx?IId=25535

SWAM open day for youngsters

AN open day for people aged 14-25 takes place on Saturday, February 29 starting at 10am and finishing with refreshments at 1pm at the South Wales Aviation Museum (SWAM).

SWAM, the museum based at Picketston, will soon be welcoming its 10,000th visitor to see the collection of planes and displays.

Young people are invited to look around, meet the volunteer guides and let the museum know what they would like to see developed at the museum. It could be an engineering club, a project involving IT or photography... the museum wants to hear about it!

The first 50 people aged 14-25 who respond will be allocated a free ticket if they email info@swam.online.

Visit www.swam.online for more information.

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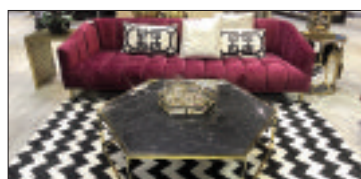
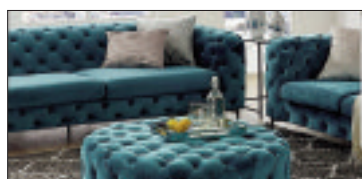
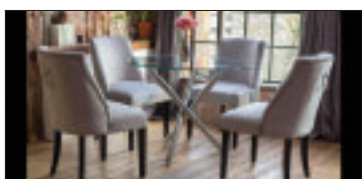
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Sofa Expert to the stars comes to Cowbridge

Now up and running in Cowbridge is 'Enchanté' – a brand new interior design sofa store run by company director Suzanne Dickenson.

Suzanne has been in the business for 27 years, selling sofas and furnishings from two South Wales warehouses.

However, Suzanne's business has taken a new direction thanks to the wonders of Instagram and her business ([tradepricesofaswalesuk](https://www.tradepricesofaswalesuk)) has acquired a whole new cachet – attracting more than 10,000 followers, including a host of household names.

Her most famous client? Probably the former Manchester United and England footballer, Rio Ferdinand, who relaxes on one of Suzanne's sofas – although a younger generation might go for

Holly Hagan of Geordie Shore – another celebrity customer.

Suzanne added: "We needed a base to display our best sofas. I have been a customer of Cowbridge myself for the past 27 years and always thought interiors and sofas would work."

"I can create you a sofa 100 ft long if you wish, with matching curtains, pelmets, beds, pillows, and dining chairs."

"I can even build a TV into the back of your sofa if you wish. Anything is possible, just bring me your ideas on paper."

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But do you realise that hearing loss affects one in 10 people globally? It was estimated that by 2031, approximately 20% of the UK population will develop a hearing loss, yet millions of people who have hearing loss let it go untreated, despite research showing links between untreated hearing loss and increased risk of falls, depression, anxiety, hospitalisations and even dementia.

Often we take our sense of hearing for granted, without realising that hearing keeps us connected emotionally to the world around us. Whether it's communicating with friends and family; hearing your grandchild's first word; enjoying a film or socialising with like-minded people; waking up to birds singing outside your window; hearing a kettle or toaster 'click' in your kitchen; being able to hear the traffic and staying safe; hearing on the phone or listening to music – all those and much more are making our lives simply better.

But when poor hearing has impaired those connections, interactions and moments are muted and strained: not surprisingly, negatively impacting on our life.

The consequence of an untreated deficit of hearing makes us feel emotionally, socially and psychologically unwell; impacting negatively on

our occupational, educational and family activities. What is holding you back from better hearing?

One who is born to hear, needs to hear throughout his/her life. However, the success of hearing aid fitting and rehabilitation programmes depends on the professionalism, experience and education of an audiologist. The accomplishment of well-fitted hearing aids can depend on how appropriately it is executed, and tailored to the individual customer's needs.

It is suggested that hearing aids are at their most effective when their performance is carefully matched to the individual's requirement, and supported by professionals.

It's not all about the hearing aid technology. According to the British Society of Audiology, there is a significant rationale for developing an individual management plan based on collaborative, patient-centred care, with effective consultation between the audiology professional, the hearing-impaired person and his or her significant others.

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EVERY adult in the UK should consider making a will, and here are some of the reasons why.

- Without a will, the state directs who inherits your estate, so the people you wish to benefit may get nothing.
- Without a will, if you are married, you may think that your estate will pass to your spouse in any event, but this is not necessarily the case.
- If you are not married to your partner, the law does not automatically recognise partners as having the same rights as husbands, wives and civil partners, and your partner may get nothing.
- If you have children, there may be uncertainty about who will look after or provide for them, should you die.
- Certain people could make a claim on your estate if you have no will, because they may depend upon you financially.

• Inheritance tax issues may arise if not addressed in your will.

Wills should be kept up to date and renewed upon any change of circumstances; for example, marriage, divorce, separation, death of a loved one, or upon having a child.

Excluding certain beneficiaries in your will may also cause potential difficulties as they may have the right to make a claim against your estate.

Special care is needed if you exclude persons who might expect to benefit under your will.

Ensure that you have a will in place and that it is up to date, to avoid any undesired consequences and complications.

Carli Evans is a solicitor with Messrs Passmores Solicitors and a member of Solicitors for the Elderly, a specialist panel of solicitors dealing with elderly client matters and the Society of Trust and Estate Practitioners.

New NHS-funded minor eye conditions clinic opens

PEOPLE with urgent eye problems across the Vale of Glamorgan are now able to receive a free NHS assessment by a local optometrist, thanks to a new service based in Barry.

Patients with problems such as eye infections, minor eye injuries or sudden loss of vision will be among those who will benefit from the new clinic being run by Vale Eyecare.

Anyone with an acute problem with their eye or vision can be seen at the NHS funded clinic, which is based at Highlight Park Medical Practice on Lakin Drive behind the Tesco Superstore. The new clinic is part of the Wales Eye Care Service (WECS), a scheme created to relieve the pressure

on GPs and A&E departments.

Optometrist Tanya McNabb believes her new clinic is the first of its kind locally, where an optometrist provides only clinical care and doesn't sell glasses.

She said: "Hundreds of GP appointments and A&E visits across the country are taken up every year for eye-related problems that could be assessed by a community optometrist, so I'm delighted to be able to offer this NHS-funded service to local people."

"Optometrists have the skills and equipment to ensure that patients are quickly assessed and treated or referred to the hospital if there is a more serious problem. Our clinic is dedicated to providing this service and for convenience has plenty of availability for a same-day assessment. We also have good transport links and a large free car park so we are hopeful that we can help reduce pressure on our local GPs and hospital."

Patients can self-refer and simply call to book an appointment or can be referred to Vale Eyecare by their GP, pharmacist, health visitor or school nurse.

Other conditions the clinic can help with include painful eyes, foreign bodies in the eye, sudden changes in vision or new onset visual disturbances such as flashes, floaters or double vision.

The service is initially being offered Monday to Friday, 9am to 1pm, at Highlight Park Medical Practice on Lakin Drive in Barry. To book a free appointment, call 01446 484114.



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Making Life Easier

Caring for the Elderly



Benefits of owning a cat

HOW many people realise there are beneficial effects to owning a cat, or even just being in its company?

It has been proved that just smoothing a cat can have a calming effect on the body, lowering your blood pressure.

If you have aged parents or relatives who live on their own, they will feel less lonely in the company of a cat. They will have something to talk to, and it will give them something to focus on.

Children brought up with cats suffer from fewer allergies. It is so sad that when someone becomes pregnant, they are sometimes advised to get rid of their cat. You can pick up more

diseases by eating seafood and meat that has not been thoroughly cooked – hygiene is the key word!

Children who grow up with cats will have more respect for animals and people as they get older; it gives them responsibility and companionship.

We have lots of cats in Maesteg Animal Welfare Society looking for permanent homes – some have already been discarded for mundane reasons. They are not disposable items, they are looking for care and affection.

You can help us by giving a cat a loving home, or perhaps a donation through PayPal: maesteganimalwelfare@society.org

For more information, call Jan 01656 721496, or Nicola on 01656 769855.

Improving mobility

SNOWDROP'S goal is to make a tangible difference in customers' lives by offering specialist solutions and advice.

While conventional retailers find customers for products, our focus is on finding and sourcing the right products to meet our customers' unique needs.

We offer free assessments and can help find solutions to issues ranging from simple (such as supplying a rollator to help with walking) to complex (such as supplying a made-to-measure, pressure-relieving specialist chair).

For a no-obligation chat about how we could help improve you or your loved one's mobility, contact Lynne on 02920 707 111 or lynne@snowdropindependentliving.co.uk.

Offering loving care

COLLEGE Fields Nursing Home in Barry is an impressive building with an elegant Edwardian facade, that has much in common with fine country houses.

The building, listed by the Secretary

of State for Wales as one of special historical and architectural interest, enjoys magnificent views over the Bristol Channel and Somerset coast.

Residents at College Fields Nursing Home enjoy their home comforts in a warm, spacious, delightful environment, with lots of companionship.

South Wales Stair Lifts - for all your stair lift needs...

WITH a fast call-out response and excellent customer service, give South Wales Stair Lifts a call for all your stair lift needs.

Locally based in Barry, we provide stair lift sales, servicing, repairs and rentals at the most competitive prices in the south Wales area.

Stair lifts are installed from £1,250 and can be installed in days. Rental stair lifts can be installed for as long as you need it, with no tie-in.

We offer a free consultation at your home at a time that suits

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Please visit our Facebook page, [Facebook.com/southwalesstairlifts](https://www.facebook.com/southwalesstairlifts) to read some handwritten letter reviews from our satisfied customers.

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Making Life Easier

Caring for the Elderly



Age-related arthritis: Irreversible end of pain-free living?

ARTHRITIS is a common condition which causes pain, swelling, inflammation and often stiffness in the joints of the body.

Sadly, many sufferers are told: "There is nothing that can be done outside surgery."

However, the gentle manipulative and massage approach taken by osteopaths can help many arthritis sufferers.

Treatment is individual, gently moving and stretching an arthritic joint and massaging surrounding muscles and tissues can help ease some of the discomfort. This can often be enough to reduce pain and restore function for day-to-day activities.

For example, someone with an arthritic shoulder who couldn't raise the arm may, after a few weeks' treatment, be able to lift a kettle or raise the arm high enough so that hair can be comfortably brushed.

"Osteopathy is not limited to treating patients with arthritis. If you are uncertain, give me a ring, tell me your complaint and we'll chat over the options," said Robert David, M.Ost.

Consult with Rob, your 'Master of Osteopathy' in Barry (discount for over 60s) on 02921 286 706; see www.highlight-osteopaths.co.uk.

Find us at 31 Lakin Drive, Highlight Park, Barry, CF62 8AH.

Call 01446 774484 to advertise your business in The Glamorgan GEM

Free up your time and use The Laundry Rooms

THE Laundry Rooms, Barry, are proud of their fully qualified and professionally trained staff.

Our mission statement is to provide a professional and quality service at all times: we will pick up your laundry; wash, iron (as required) and deliver your laundry back to your door at no extra cost, freeing up your valuable time and allowing you to get on with more enjoyable things!

We offer a full service, from the smallest of items to large bedding bundles and including all sizes of quilts.

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Our prices are very competitive with no hidden nasty shocks and we accept debit or credit card payments – give us a call!

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Easier Breathing - Thanks to benefits of Sims Salt Pipes

The Sims Salt pipe is a porcelain, hand-held pipe filled with salt, mined from Himalayan salt caves. The salty micro climate calms and cleanses the cells of the respiratory system. When the pipe is used, air is drawn up through the salt crystals and into the lungs to achieve its beneficial effects.

Mr Sims, who has been selling the salt pipes for 6 years said "A lady in a wheelchair arrived and explained she suffered from severe Chronic Obstructive Pulmonary Disease (COPD) caused by smoking and I told her about my sinus and chest problems which I'd been suffering with for over 5 years and how it had been getting me down. She then told me about her salt pipe and its effects on her".

SUPRISING RESULTS

That introduction led him to discover salt pipe therapy for himself. "I bought a salt pipe and used it regularly. After a while I began to feel

the cold air hitting my lungs for the first time in years" he explained. "I discovered that salt miners in Europe, for example, never suffered with chest problems because of the pure salty air they breathed". Realising the positive effects the salt pipe had on his respiratory problems Mr Sims researched the various types of salt pipes and concluded that the original design was best. This featured a wide base, to give maximum airflow, is made of porcelain and is easy to top up and refill.

WADE CERAMICS

Now Mr Sims has the salt pipes manufactured in the UK by Wade Ceramics and with his wife Shawn distributes them throughout the UK and Europe. He advises that his customers use their salt pipe regularly. (at least 10 deep breaths 3 times a day)

A SIMPLE PROCESS

These pipes are designed to break down hardened mucus blocking the small airways



(bronchioles) which is then naturally expelled making breathing easier. The pipe's secondary function is to encourage deeper breathing, making the diaphragm muscle stronger, thus allowing the user to fill many more of the tiny air sacs (alveoli) in the lungs which in turn makes the user less breathless - using a salt pipe is very effective for this.

SAFE FOR EVERYONE

This therapy is 100% safe to use alongside medications and vitamin supplements, as

it is basically a concentrated version of breathing healthy seaside air. For those with no respiratory problems its a Fantastic Preventative Therapy

WHY BUY OUR INHALERS?

We supply pure opaque (white, not pink) crystal salt directly from Himalayan mines, which MUST be batch tested for purity. Our salt is not stored outside in some contaminated puddle or left in an unsuitable holding area at source, after all, you want to be certain that you or your nearest and dearest are

breathing in pure salty air. C.E. certification cannot be obtained on pink salt, as this particular salt is food grade and not to be inhaled. Our pipes are tested for lead and Cadmium presence and also Phthalates which are Carcinogens (Cancer Causing) Complies with BS6748: 1986 The Sims Salt Pipe retails at £29.97 (inc. p & p) To buy the Sims Salt Pipe fill in the slip within the advert below and post your order to us. Alternatively, call directly on 07455 045108.

Salt Inhalation Therapy - recommended by ITV's Dr Chris Steele

Breathing Problems?

Asthma (also sport induced), C.O.P.D, Emphysema, Bronchitis, Sinusitis, Breathlessness, Persistent Irritating Coughs, Snoring, General Poor Health?

Now you can enjoy the benefits of healthy fresh sea air with the

Sims Salt Pipe



Did you know that:

Pure Halite crystal salt mined from the Himalayan salt caves has been used in Europe for decades as a natural treatment for all of the above ailments. The crystal halite salt is 100% pure, quite safe and contains 84 trace minerals, including potassium- which is excellent for regulating blood pressure.

So what exactly is the Sims Salt Pipe?

The Sims Salt Pipe is a handy porcelain pipe filled with salt crystals mined from the Himalayan salt caves. Its salty microclimate calms and cleanses the cells of the respiratory system by drawing moist surrounding air up through the crystals and into the lungs to achieve its beneficial effects.

The Sims Salt Pipe:

- ✓ Unlike household salt, halite crystal salt actually helps to lower blood pressure as it contains Traces of potassium
 - ✓ Has absolutely NO SIDE EFFECTS and is 100% safe. Because it is just super-boosted seaside air
 - ✓ Does not interact with other medications or vitamin supplements
 - ✓ Can be used by children as young as 2 years old with supervision
 - ✓ Can be safely used during pregnancy.
- Scientifically measured to actually open the airways and clear mucus. 100 grams of pure himalayan halite crystal. This will last you in excess of 6 years

If you have any questions regarding Halite Crystal Therapy, please feel free to contact Tony on:

07455045108

To order your Sims Salt Pipe by mail, complete the form below and send with your cheque/cash/postal order for £29.97 (inc P&P) Cheques should be made payable to :

A W Sims, 2 Blacksmith Close Oakdale NP12 0BG

Your Name _____ Address _____

Phone number _____ Post code _____

GEM1



Making Life Easier

Caring for the Elderly



Thinking of Equity Release? Ask Hopkins Law

PENSION Savings traditionally played a major role in people's financial future.

Equity Release is increasingly becoming mainstream and can be a core part of an evolving retirement solution. The shortfall has to be made up somewhere.

If you are over 55, releasing the equity built up in your property is a popular and increasingly important part of retirement planning. Many homeowners choose to live a more comfortable retirement and taking the money from your home opens up new and exciting possibilities, while still allowing you to live in the home you love.

You can use the money for any purpose, whether it's improving or adapting your home, helping family or just making your retirement a little more comfortable.

Liane Farthing who heads up the E-Release team at Hopkins Law, has been involved with Equity Release for nearly 20 years and we are recognised for our experience in this specialist area of law.

We are proud to have been the first member of the Equity Release Council in Wales advising borrowers. Membership gives you the further reassurance that we are dedicated to upholding the highest standards of advice.

We are offering a free clinic at our Cowbridge office each Wednesday morning during February and March where our Equity Release team are available to explain the process and answer any questions you may have.

For appointments, please contact Gill O'Halloran on 01446 774151 for a no obligation 30-minute consultation. Alternatively, please contact Liane Farthing or e-mail lfarthing@hopkinslawltd.com.

HAVE your personal circumstances recently changed, and you find you are no longer able to keep on top of the housework?

Maybe finding personal care is not as easy now as it used to be? If so, then we can help!

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If you would like more information, either email us at info@aprilcare.co.uk or call 01656 863963, for an informal chat with our friendly manager, Amelia Jones.

Do you or a family member need more assistance around the house?

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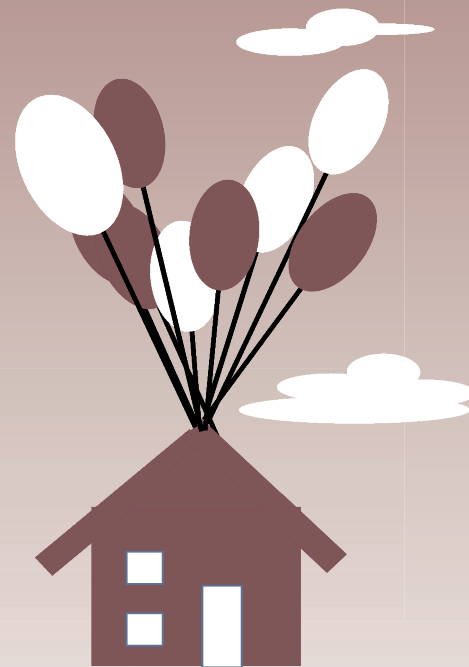
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Curious about Equity Release?

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CF71 7AH**

Fire authority's budget set to rise to £74m

SOUTH Wales' fire and rescue service has agreed to increase the amount of money it takes from council tax payers by more than 4% next year.

Members of the fire authority which covers 10 local authority areas in south Wales approved the budget proposals for 2020/2021, which will see the budget contributions from those areas go up by 4.25% which would give the service a budget of £74.87 million.

The authority had consulted on a 4.5% rise, but it has gone with the 4.25% rise at its meeting on February 10. The 10 council areas that make up the South Wales Fire and Rescue Service area saw their funding from Welsh Government increase by an average of 4.4% in the latest provisional settlement.

Here's how much some areas will contribute compared to last year:

Bridgend will pay £7.05m, an increase of £308,626 or 4.57%. Vale of Glamorgan will pay £6.38m, an increase of £333,013 or 5.51%.

Rhondda Cynon Taf will pay £11.73m, an increase of £478,256 or 4.25%; Cardiff will pay £17.98m, an increase of £547,973 or 3.14%.

The main changes to the fire authority budget for next year which increase it by £3 million:

The pay inflation budget will increase by £1m or 1.5%; the fire pensions budget will go up by £900,000 or 1.2%; the Local Government Pension Scheme (LGPS) pensions budget will decrease by £400,000 or 0.5%; the premises budget for things like rates, energy and repairs will rise by £800,000 or 1.1%; the equipment and supplies budget will increase by £200,000 or 0.3%; the fleet budget will go up by £100,000 or 0.1%; the contracted services budget will rise by £100,000 or 0.1%; the capital financing charges budget will go up by £300,000 or 0.5%.

There was some concern at the meeting about how the fire authority is going to cover pension costs. The Welsh Government provided a £2.8m

grant to cover the costs of changes to fire service pension schemes, but the fire authority report says this is a reduction on the already insufficient level of grant provided this year and that the authority is already overspending on this.

Cllr Steven Evans of Torfaen said he was concerned that they will have to find an extra £700,000 to cover pension costs. Chris Barton, the treasurer of South Wales Fire and Rescue Authority, said: "They (Welsh Government) are underfunding pension costs. I expect that to continue."

"There is no prospect at this moment in time of additional funding."

Cllr Val Smith of Monmouthshire raised her concerns about the impact of increasing funding contributions to the fire authority for her council. She said that fire authority budgets are "like a different world" to council budgets and said that councils are "sort of on a shoestring." A spokeswoman for the fire authority said: "The fire authority today agreed a 4.25% increase in its budget bringing total expenditure to just under £75m for the next financial year."

"The budget uplift was necessary to fund a combination of pay increases, investment in safety critical equipment, appliances and fire stations and also to meet additional fire pension costs imposed by central government."

"The service is currently funded directly from the 10 councils in south Wales. The increase represents an additional 4p per week for each person in the fire authority's area. Overall, the cost of the South Wales Fire & Rescue Service still equates to less than £1 per person per week."

The fire authority has included additional funds for insurance costs which are likely to rise above the level of inflation due to increasing premiums in the industry and has also set aside funding for the upgrade and replacement of software in fleet management and it has found savings in its capital financing charges budget.

Kaiden shows he's switched on by winning Electrical Apprentice of the Year

KAIDEN Ashun, an electrical installation learner at Cardiff and Vale College, has been crowned the best electrical apprentice in Wales.

The college recently hosted the Welsh heats of the Sparks UK Electrical Apprentice of the Year competition at its Barry Campus.

Kaiden came out on top, winning an impressive selection of equipment; and will now go on to compete in the UK Finals in March.

CAVC deputy principal Sharon James said: "Congratulations to Kaiden - beating all the competition to win the all-Wales heat of the Electrical Apprentice of the Year contest is no mean feat! I would also like to congratulate the college staff who have worked so hard to support Kaiden and train him up to such a high standard."

The Apprenticeship Programme in Wales is funded by the Welsh Government with support from the European Social Fund.



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Your break includes

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- ✓ 4 nights at the Grand Burstin Hotel, Folkestone with dinner & breakfast
- ✓ 2 for 1 bar (6pm-9pm) on selected drinks
- ✓ Entertainment every evening
- ✓ Excursions to Canterbury & Dunkirk

Optional excursion to Hastings & Rye (£10pp)

5 Days by Coach only £169.99

Single Supplement £50

NORTH DEVON DELIGHTS

& Horse Drawn Cruise



Departing Monday 18 May

North Devon is known for its golden, sandy beaches and stunning coastline, classified as an Area of Outstanding Natural Beauty. From traditional seaside resorts to a horse-drawn canal barge, this lovely region is a nostalgic nod to holidays gone by.

Your break includes

- ✓ Return coach travel **from Bridgend & Cardiff**
- ✓ 4 nights at the Durrant House Hotel, Bideford with dinner & breakfast
- ✓ Entertainment some evenings
- ✓ Horse-drawn barge cruise on the Grand Western Canal
- ✓ Excursions to RHS Rosemoor, Bideford & Tiverton

Optional excursion to Barnstaple, Woolacombe & Ilfracombe (£12pp)

5 Days by Coach only £339

Single Supplement £60

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& the English Riviera



Departing Monday 22 Jun

With its iconic palm trees, thriving harbour and golden beaches, Torquay is the perfect location to enjoy a seaside getaway. From here we explore the stunning scenery of the English Riviera with a heritage train journey and a leisurely cruise on the River Exe.

Your break includes

- ✓ Return coach travel **from Cardiff**
- ✓ 4 nights at the Seascape Hotel, Torquay with dinner & breakfast
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Optional excursion to Dartmoor National Park & Plymouth (£12pp)

5 Days by Coach only £329

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5 Beds. 3 Recps
3 Family Bathrooms
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West End Location
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West End Location

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3 Bedrooms
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Bryncethin Cottage, Penmark

- Stone Built Detached Character Cottage
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Readers Lane, Rhoose

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- About 3000 sq'
- Four Bedrooms
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Heol Y Mynydd, Southerndown

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- Set within Heritage Coast. Boundary Nature Reserve
- Three bedrooms
- Garage/Workshop/Annex
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Badgers Brook Rise, Ystradowen

- Detached Family Home
- Well Fitted Kitchen
- UPVC Double Glazed
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- Walking Distance of Village Facilities
- Four Bedrooms
- Integral Garage
- Two Reception Rooms
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Cardholders urged not to delay applying for new bus passes

TRANSPORT for Wales is reaching out to cardholders who haven't applied for their new bus pass yet and highlight the importance of applying for a new card as soon as possible to continue to enjoy the benefits of concessionary travel.

The old green coloured bus passes stopped being recognised on the electronic scanners on buses after December 31, 2019. A grace period was agreed with the bus operators to allow cardholders to continue to use the old cards but is due to come to an end on February 29, which means that from March 1, only the new-style cards will be accepted for travel.

James Price, Chief Executive of Transport for Wales, said: "We've received close to 600,000 bus pass applications over the past five months, with work still taking place as applications continue to be processed every day to make sure we send out new cards as quickly as possible.

"While it is very positive to see that the majority of regular bus pass passengers have received their new cards, it's essential that we remind everyone who has a yet to apply to do so as soon as possible to ensure they're able to continue to enjoy the benefits of their bus pass after February 29.

"If anyone is aware of a neighbour, family member or friend who has a bus pass, we're asking if they can help by making sure they've applied for their replacement pass as soon as possible.

"We're continuing to work very closely with all local authorities and bus operators to make sure we have a smooth transition after the agreed grace period comes to an end. This is essential to make sure we're supporting the most vulnerable passengers with their travel experiences."

The roll-out of the new cards marks a significant milestone for Transport for Wales, as it works towards delivering its vision of creating an exciting and world-class integrated transport network across Wales. The new cards have been designed so that they can be used on multiple modes of transport in the future.

Transport for Wales is encouraging cardholders to apply online if they can via the website www.tf.wales/travelcards. Online is the quickest way to apply as cardholders may not have to provide a new photo or documentation, as details are checked electronically against government databases. Support



with applying online is available from local councils, or cardholders can ask someone they trust to apply on their behalf. Paper applications are also available, but Transport for Wales stress that this way takes longer to process.

If anyone has any concerns, Transport for Wales are asking people to get in touch straight away by calling the helpline on 0300 303 4240 or emailing the team at travelcards@tfw.wales.

NFU Cymru members hear from president

NFU president Minette Batters discussed the latest developments in the political sphere when she spoke at the recent annual Glamorgan county conference.

At Grove Golf Club, Porthcawl Ms Batters told NFU Cymru members that things were now happening at pace. "The Conservatives won the election on the back of 'Get Brexit Done' and that the Brexit process would start on January 31. We will now be in a transition period where we will remain in the EU's single market and customs union, and so will continue to trade with the EU27."

Ms Batters said that trade must be top of the list when it comes to negotiating. "We must prioritise our relationship with the EU first. The Prime Minister has set himself an ambitious deadline of concluding a Free Trade Agreement with the EU27 by the end of 2020. It is essential that whatever agreement the UK Government reaches with the EU27, it delivers the most favourable access possible for British and Welsh farmers to European markets, with tariff and non-tariff barriers eliminated wherever possible.

"Trade is the battleground and we simply cannot lose on this. We

cannot have our higher standards of production compromised by cheaper imports. That just doesn't work as you will put our higher standard producers out of business. We don't want to see trade deals that allow products in that comply with standards that would be illegal if produced here in the UK."

Ms Batters informed those at the meeting about a planned mass lobby in London on March 25. She told members: "We want to be able to tell the next generation of farmers that we did everything we could and we need to influence the Prime Minister's thinking when he is negotiating with the EU. If government is serious about supporting farmers then standards must be enshrined in the Agriculture Bill. Our high standards must not be jeopardised and this is a great opportunity for us to say we want to work with the politicians and decision makers, the importance of the NFU has never been greater."

John Davies, NFU Cymru president also addressed members on a number of issues currently affecting the industry including water quality, bovine TB, and the criticism that the farming industry is attracting from certain areas of the media.

NFU Cymru would like to thank HSBC UK for sponsoring all 11 of the union's county conferences.

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Out & About with The GEM

Penarth's Downhill Derby is open for entries



PENARTH'S wackiest event of the year is officially open for entries.

The Downhill Derby, now in its 10th year, will kick start the 2020 summer festival weekend taking place on July 11-12 at Penarth's seafront.

The event attracts thousands of spectators and entrants travel from far and wide to participate in the annual soapbox race.

Organisers especially welcome homemade go-kart racers who have never taken part before.

Anyone can enter, including under 16s, as long as the kart is human powered, homemade – and able to stop!

Racers will rattle down the 300m length of Cliff Hill, with a finish line outside the yacht club. Karts battle against chicanes, water hazards and ramp jumps against the

backdrop of the vibrant carnival atmosphere.

Prizes are awarded for speed and creativity in each age group and special prizes include most spectacular kart, the trader's cup and the hotly contested 2020 King of the Hill title.

Co-founder of the race, Elliot Penn, said: "We're very proud of how Penarth has embraced the event. Every year gets bigger and better and 2020 is sure to bring new thrills and surprises. We welcome all entrants, whether they're regular racers or new to the Derby."

More information and entry forms can be found at www.penarthtowncouncil.gov.uk/whats-on/downhill-derby/ and enquiries can be made at enquiries@penarthtowncouncil.gov.uk or via the Downhill Derby Facebook Page.

Artists wanted!



CALLING local artists, sculptors, photographers or galleries – take part in this year's Penarth Art Fair on the Penarth Pier Pavilion from Friday, October 16-18, following on from the success of last year's fair which featured the work of 13 artists and a local gallery on the seafront.

There are only 12 stands available, perhaps to share with other artists, or as part of a gallery or collective. For more information, email: info@inc-creative.wales or visit the website: www.inc-creative.wales.

What's on in your area?

Art Society

ON Thursday, February 13, there will be a demonstration of painting a landscape portrait in acrylics by Pembrokeshire artist Guy Manning.

The next meeting will be on February 27, when there will be a portrait workshop by local artist and tutor Heather Simmonds.

The society meets in the Old Hall from 7pm-9pm on Thursday evenings for 10 sessions each term, which are mostly demonstrations. New members, painters, non-painters and visitors are most welcome. Details of this term's programme are available in the foyer of the Old Hall, Cowbridge and full membership information is available on facebook.com/cowbridgeart.cas.

arranged for April, with the league season starting the first Saturday in May. New players are always welcome.

Parkinson's drop-in

THE next meeting of the Llantwit Major Parkinson's drop-in cafe will be on Wednesday, February 19 in Llantonian Hall between 1.30pm - 3.30pm.

Our meetings are held every third Wednesday and all are welcome to join us for a chat and a cuppa. Further information from Martin Simmonds on 01446 796310.

Charity mediumship night

ANGEL Wings and Healing Hands have organised a charity night of mediumship with renowned psychic Brian Downs on February 22, 7pm-9pm, at Buttrills Community Centre, Barry.

There will be a raffle, stalls, and refreshments. Admission is £3 and proceeds will go to the Shua Trust, the Sully-based animal rescue and rehabilitation group.

Half term fun at KPC

KPC Youth & Community in Pyle is open daily Monday to Friday from 11am-3pm during the school February half-term holidays for our 'Let's Get Active Programme' for ages 8 and over, from February 17-21.

KPC offers a skate park, multi-sports court, adventure play area, IT Room, music, pool, table tennis and lots more and is next to Pil Primary School, off Pyle Inn Way; open to young people from across Bridgend county. Membership is £3, daytime holiday admission £3 and evening admission £1 for members. Offers include sibling discounts for more than one child attending, and during half-term we also offer half-price evening admission if you've attended in the day. To find out more, call in at the centre, or phone: 01656 745399/749219, e-mail: info@kpcyouth.com.

Centurions seek new players!

SULLY Centurions CC commence pre-season indoor nets on Tuesdays at Stanwell School, Penarth at 6.30pm.

Pre-season friendlies have been

Lunchtime concert

MUSIC at Lunchtime concerts at All Saints' Church, Barry are held once a month and the next recital will take place on Saturday, February 22 and will feature Dr William Reynolds, organist and director of music at St Mary's Church, Swansea and visiting music tutor at Swansea University.

His recital will include pieces by Johann Sebastian Bach, Dietrich Buxtehude, François Couperin, Joseph Bonnet, and Théodore Dubois.

Doors are open at 12.30pm and the concerts commence at 1pm and last around an hour. Concert goers are invited to bring their lunch to enjoy. Refreshments are provided and entry is free, although the audience are encouraged to contribute towards a retiring collection in aid of the All Saints' Church Organ Restoration Fund.

Further information from James Bull on 07429598820 or via email music@allsaintsbarry.org.uk

Advice for seniors

Free tax advice

AGE Connects Cardiff & Vale Senior Health Shop run a free, monthly tax advice surgery for anyone over the age of 50.

A session will be held on Monday, February 24 from 9.30am – 11.30am; no appointment is needed. You will be able to get advice from retired tax professional. Call 01446 732385 for further information, home visits can be arranged if needed.

Falls awareness

FALLING as we get older is quite common, and although most falls don't cause serious injury they can leave us quite distressed and less confident.

The good news is, there are lots of things you can do to stay steady on your feet when at home and going out.

Come to Age Connects Cardiff and Vale at the Senior Health Shop, 38 Holton Road, Barry on Tuesday, February 25 between 10am to 12pm.

Both Care and Repair and Snowdrops Independent Living will be there to chat to with a range of preventative aids and products available to make life easier, including footwear, home adaptations, grab rails etc.

No appointment is needed, just call in. Call 01446 732385.

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St Francis Millennium Centre, Park Road, Porth-Y-Castell, Barry
Annmarie 07837 497523

Thursdays 5.30pm
Highlight Park Community Centre, Barry
Annmarie 07837 497523

Thursdays 9.30am & 11.30am
Memorial Hall, Cenotaph Entrance, Gladstone Road, Barry
Nicola 07951 510871

Mondays 5.30pm
Crossway Methodist Church, Court Road, Barry
Karl 07411 621866

Wednesdays 9.30am, 11.30am
All Saints Church Hall, Victoria Square, Penarth
Julia 07718 284171

Wednesdays 5.30pm
All Saints Church Hall, Victoria Square, Penarth
Julia 07718 284171

Mondays 5.30pm
Celtic Way Community Centre, Rhoose
Helen 01446 750738/
07968 355119

Wednesdays 5.30pm
Duke of Wellington 48 High Street, Cowbridge
Laura 07891 484968

Mondays 5.30pm and 7.30pm
Elfed Avenue United Church, Elfed Avenue, Penarth
Martin 07444 374377

Wednesdays 5.30pm and 7.30pm
5th Barry Sea Scout Hall, Everard Street, Barry
Karl 07411 621866

Tuesdays 9.30am, 11.30am, 5.30pm & 7.30pm
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07968 355119

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Saturday 8am
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Vicky 07957 958900

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Funding advice day

OGMORE Vale MP Chris Elmore and AM Huw Irranca-Davies are inviting local clubs, charities, and community groups to attend their fourth annual Funding Advice Day.

This year it will be at the Community Church, Aberkenfig, and Chris and Huw's constituents will have the opportunity to meet with 14 different funding providers and support organisations.

Last year more than 100 residents representing local groups attended, with several securing vital funds for their organisations.

Chris Elmore said: "Since I was

first elected, I've been keen to help bring new community funding opportunities to the attention of local clubs and groups.

"Each year, our Funding Advice Day goes from strength to strength and it's always brilliant to hear about the money and resources local residents have been able to secure afterwards.

"If you're part of a local club, charity, or community group currently looking for funding, please register to secure your place today."

The event is on Friday, March 6 from 10am until 12pm. Ogmogre constituents can register by emailing Chris via chris.elmore.mp@parliament.uk.

parliament.uk.

This year, funding providers include the Heritage Lottery Fund, Charity Bank, Bridgend Association of Voluntary Organisations and Interlink.

Huw Irranca-Davies added: "We have so many amazing community groups across Ogmogre. We're always looking for new ways to support them and help them grow. Please do come along to this event – you never know what funding opportunities you might find."

Last year, places filled up extremely quickly, so please do register your attendance as soon as possible."

Sporting success for school's girl athletes

FEMALE athletes at a primary school in Barry have been congratulated for their sporting success.

The girls team at Ysgol Sant Baruc competed at the Urdd Girls Football Tournament last month which saw the team win two games.

The team also drew two and lost one against what the school described as "a very strong side" at the tournament.

A school spokesman said:

"Congratulations to the girls who competed in the Urdd Girls Football Tournament recently."

"On a very cold and wet day they successfully played against schools from Cardiff and the Vale."

"The girls played very well as a team and won two games, drew two and lost one against a very strong side. Thank you to Mr Mark Bowen."

It was not the only success for the school as pupil Lexi was also recognised for her trampolining success.

Lexi represented Ysgol Sant

Baruc at a regional trampolining competition where she managed to bag first place. She is now preparing to head to another competition where she will face pupils from other schools from across the UK.

The school spokesman said: "Congratulations to Lexi on her success representing the school in the regional trampolining competition."

"Lexi gained first place again and is preparing to compete in the next round against pupils from all over Britain. Good luck, Lexi."

Sight loss training



Golden Labrador Marcus the guide dog with owners Malcolm, who lives with sight loss, and Karen Nicholas from Bridgend

A FREE training session for family and friends of people living with sight loss is set to be held in Bridgend.

Guide Dogs Cymru said the training session is for who are looking to be able to guide loved one with sight problems "safely and confidently".

The interactive session, which will take place at Evergreen Hall in the town, is designed to give people a better awareness of sight loss as well as tips on the correct way to support a vision impaired person.

The training is tailored to each

individual's needs and covers the basics of sighted guiding.

Karen Nicholas of Bridgend attended a family and friends training session while her husband was waiting to be matched with a guide dog.

She said: "You get lots of useful advice, and you are shown techniques to help you guide in a busy or narrow space."

Husband Malcolm is now the proud owner of his guide dog, Marcus.

Malcolm said: "I found that Karen's guiding skills improved and she became much more aware."

"Undergoing a blindfold walk

really brought home to her how it feels to lose your sight."

"As a blind person I get mobility training, but that's not the case for friends and family."

"They need to know what to do, because we could be giving them the wrong advice."

The meeting is from 2pm until 4pm on Wednesday, March 4 at the Evergreen Hall in Bridgend.

Those interested in taking part in the session should simply come alone on March.

To find out more about the training, contact Steve Kersley from Guide Dogs Cymru by calling 07785 907728 or email steve.kersley@guidedogs.org.uk

Council staff tackle Storm Ciara effects

BRIDGEND County Borough Council (BCBC) crews worked throughout the weekend and overnight to deal with storm damage across the county.

Highways crews dealt with a number of fallen trees, damaged signs and fences, as well as issues with street-lighting columns with one coming down in South Cornelly and another found sparking in St Marie

Street, Bridgend.

In Llangynwyd, on the A4063, two trees came down, with one falling onto a car – it is understood the driver was unhurt.

In Porthcawl, monitoring also took place for high tides.

A BCBC spokesperson said: "Before the weekend, all culverts were checked and resources put in place to respond to incidents."

Awarded pupils back Fair Trade



Pupils from Class Six who are now trying to raise Fair Trade in the Barry-based primary school

Bridgend MP talks to market traders

BRIDGEND MP Jamie Wallis has met traders to discuss plans to revitalise the indoor market in the town.

Gordon Woodbridge, chairman of the market traders, told him they had worked with BCBC to attract both new businesses into the market and also to make it more attractive for shoppers.

Mr Woodbridge said that with support from Bridgend Town Council as well, new toilets were being installed for shoppers which will be opening in a week or two.

Mr Wallis said: "I met quite a few of the traders and I was very impressed by their commitment to making the market a vibrant and lively environment where people will enjoy shopping. Bridgend has had a market since the 1830's and traders moved into this particular building in the 1970's."

"Although there are still a few empty stalls, the traders and the council are

working to make it relevant once again to a younger generation of shoppers more used to visiting large stores at out of town sites. I would urge everyone to pay a visit into the market and see for themselves the variety of stalls available selling not just food but many other things including wool, crafts and haberdashery."



MP Jamie Wallis with traders

PUPILS and staff at a primary school in Barry have been accredited with an award for speaking Welsh.

The group of Ysgol Sant Baruc members, known as Criw Cymraeg which translates to the Welsh Crew in English, were accredited with the Welsh Language Charter Silver Award.

A school spokesman said: "We have taken part in Gŵyl Fach y Fro yearly, and we have worked with High Street Primary and Barry Island to improve their use of the Welsh language. The Welsh language is at the heart of our daily life at Ysgol Sant Baruc and we are all very proud to be able to speak the language and learn about our culture. We also enjoy listening to many Welsh bands and celebrating Dydd Mwsig Cymru – Welsh Music Day."

The school has also taken part in "echo activities". During half term, ever class studied a theme with the purpose of becoming more eco-friendly.

At the end of the last term, before Christmas, the Eco Council shared what they called an "important message" with the rest of the school along with their aim to reduce energy, paper and plastic.

Every class has taken part in various eco-friendly activities. Class One has been recycling and re-using clothes, Class Two has been collecting rubbish from around the school and weighing rubbish from each class. In the junior department Class Three has been looking at different ways to reduce the use of water and Class Five have been conducting a survey in order to reduce the use of energy in school and at home.

The school also had a Christmas card

competition during the first week of January where pupils managed to collect 23,810 grammes of Christmas cards which were then recycled by the Eco Council and teacher Mrs Jones.

The aim was to see which class could collect the most Christmas cards which Class Two won by collecting 6,410 grammes – more than a quarter of the whole school's collection total.

Class Six have been learning about Fair Trade over the last two weeks, with help from Ian Johnson, the chairman of Fair Trade Barry, and Sarah from Fair Do's shop in Cardiff.

The class learnt about the importance of Fair Trade products and will now be raising the status of Fair Trade in the school.

As part of their efforts to raise the issue of Fair Trade in the school, pupils will be opening a cafe with Fair Trade Products.

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Family Notices

LEWIS Siân May

30.05.1975 - 30.01.2020

Funeral service to be held at All Saint's Church,
Barry at 1.30pm on Friday, 21st February 2020,
followed by cremation at Cardiff & Glamorgan
Crematorium, Barry, for close friends and family.
All welcome to join the family in a celebration of
Siân's life at the Master Mariner, Barry.

WATHAN Dorothy (née Roberts)

Peacefully passed away on 6th February 2020 at
Llandough Hospital, aged 80 years. Much loved
wife of Colin, mother to Jackie and Dave.
Cherished nan to all her grandchildren.

Dorothy will be greatly missed by her sister Beryl
and all her family and friends.

Funeral service at Luchana Mission, Barry at 11am on
Friday, 21st February.
Family flowers only.

THOMAS Diane

Suddenly on 28th of January at UHW, after a short
illness, Diane passed away aged 79 years. Much
loved mother, grandmother, sister, and auntie.
Resting at A.G. Adams Funeralcare, Barry, until the
service on Monday, 17th February at A.G. Adams
Service Chapel at 2pm, followed by committal at
Cardiff & Glamorgan Crematorium, Port Road, Barry.
Please wear something red in memory of Diane.
Flowers welcome and may be sent to the funeral
home, or donations, if desired, can be made at the
service to the Critical Care Unit at UHW.

BARTLETT Thelma

Passed away on Ward A2 at UHW on 3rd
February 2020, surrounded by her family, aged
102 years. Beloved wife of the late Gerald, much
loved mum, nan, great-nan and great great-nan.
*A remarkable lady who will be greatly missed
by all her family and friends.*

Resting at James Summers Funeralcare, Lavernock
Road, Penarth until her Funeral service on Friday,
21st February at 1pm, held at Cardiff and
Glamorgan Crematorium, Port Road, Barry, and
afterwards at On the Rocks (Near Sea Shore Grill)
Beach Road, Sully.

Family flowers only donations in memory of
Thelma may be sent to Marie Curie Cancer Care,
Bridgman Road, Penarth CF64 3YR.

LOUGHER William

(Late of Treguff Farm)

Passed away peacefully at home in Flemingston
on Wednesday 5th February, aged 90 years.
Devoted husband of Thelma, loving father of
Hywel, Rhianon and Myfanwy and cherished
Grandpa to his grandchildren and
great-grandchildren.

Will be forever in our thoughts.

Funeral Wednesday, 26th February, service and
cremation 3.15pm at Coychurch Crematorium,
Bridgend.

Family flowers only, donations if wished to Ty
Hafan c/o W. James & Sons, Chapel of Rest,
Fonmon, CF62 3BJ.

HUTCHINSON Anthony Robert Vernon Frank (Tony)

Suddenly on 25th January 2020 at home, aged 80
years. Beloved and adored husband of Anne.
Cherished dad to Tracey, Kurt, Ceri and the
late Lindsay and Robert. Wonderful grandad to
Marcus, Carly, Samuel, Ashley, Harry and
great-grandad to Skye, Aneira and Tadhg.
Loved brother to Robert.

*Tony will be greatly missed by all his
family and friends.*

He will live on forever in our hearts.

Resting at A.G. Adams Funeralcare until the service
on Monday, 24th February at 1.15pm at Coychurch
Crematorium.

Family flowers only. Donations, if desired, in
memory of Tony, may be made to Parkinson's UK
via the funeral director or at the wake.

DAVIES John Mansel

Peacefully on 1st February at Brocastle Manor
Care Home, John, aged 84 years, of St. Michael's
Close, St. Athan. Dearly loved husband of
Christina and much-loved father of Paul.

John will be sadly missed by his family and friends.

Funeral Thursday, 20th February. Service and cremation
at Coychurch Crematorium, Bridgend at 3.15pm.

Family flowers only, donations in lieu may be made
to Dementia UK c/o Mel & Ron Watkins Funeral
Services, 2, Hilda House, The Square, Pencoeed,
Bridgend, CF35 5NP. Tel: 01656 860545.

SNELLING David

Suddenly but peacefully on 28th January at
UHW, Cardiff, David, well known and life
long member of Barry Athletic Bowls Club
and devoted husband to Marian. Loving dad
of the late Joanne and Jerry, loving bampy
of Charlotte, Robert and Callum,
great-bampy of Mai and Woody.

*He will be greatly missed by all his
family and many friends.*

David is resting in the care of Lyndsay Ellis @ The
Vale Funeral Service, Court Road, Barry until his
service at Cardiff & Glamorgan Crematorium,
Barry on Tuesday, 18th February at 12 noon.

Family floral tributes only. Donations, if desired,
may be made at David's service to support The
British Heart Foundation

WILLIAMS June Mary (née Buckland formerly Raymond)

Peacefully of Thursday, 23rd January 2020, June
of Heol y Bardd, Bridgend. Beloved wife of the
late Gareth and the late Richard Raymond.

Dearly loved mother of Gwyn, Steve and
Michael, a much loved mother-in-law,
grandmother, great-grandmother and sister.

Funeral service at Coychurch Crematorium on
Monday, 17th February at 11.30 am.

Family flowers only. Donations in lieu of flowers,
if desired, to Macmillan Cancer Support c/o Gareth
and Rhodri Howell of E Esaias & Son Funeral
Directors, 39 Bridge Street, Kenfig Hill,
Bridgend, CF33 6DB. Tel 01656 740491.

TURNER Eira Patricia

D.O.B. 20th February 1933

Beloved aunt, great-aunt and friend passed away
on Friday, 7th February 2020 at The Heath
Hospital, Cardiff. Eira is survived by her nieces
and nephews, Lynne, Richard, Robert, Eve and
great-nephews and nieces, Alex, Laura, Max,
Samantha, Ashley, Ella, Morgan, Charlotte,
Louise, John, Dylan, Daffydd and Delyth.

Resting at the Private Funeral Home of W. James &
Sons, Fonmon. Funeral Friday, 28th February 2020,
service of committal 12 noon at Cardiff &
Glamorgan Crematorium, Barry, followed by
Remembrance Service 1pm at St Peter's Church,
Rhoose. Family flowers only.

Memorial Donations may be made in Eira's name to
Kidney Wales Foundation, 256 Cowbridge Road
East, Cardiff, CF5 1GZ. Thank you

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Family Notices

KERTON

Grant Martyn Peter James (Pants)

Tragically on 3rd February 2020, aged 33 years. A much loved son to Karen and Martyn, and loving step-son to Gethin and Jude. Amazing dad to Liam ('My Boy'). Best 'Bro' to Becky and Louise. Loved brother-in-law, nephew, cousin and Uncle Pants to Louisha-May, Summer and Gabriella-Grace. Awesome friend.

Grant was loved by everyone who knew him. The spark has gone out of all our lives.

Grant truly lit up our world.

Resting at A.G. Adams Funeralcare until the service on Wednesday, 26th February at 1.30pm at A.G. Adams Chapel, followed by committal at Cardiff and Glamorgan Crematorium, Barry.

Family flowers only please. Donations, if desired, in memory of Grant, may be made to Liam's Trust fund for his future.

The family wish to let everyone know that bright colours may be worn.

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Acknowledgements

WATTS

Alice Gwenllian (Ali)

Sandra, Colin and Steven, would like to thank all those who attended Alice's funeral service, special thanks to Vicky and Tania for their care and help, and the Rev'd Richard Roberts for a lovely and fitting tribute to Alice.

Sincere thanks to Mel & Ron Watkins Funeral Services for the care, respect and dignity shown to the family at such a sad time.

Public Notice

DIANE BARBARA MARTIN (Deceased)

Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the aforementioned deceased, late of Roseberry 1 Stony Lane Cornrow Bridgend CF35 5AL, who died on 28/07/2019, are required to send particulars thereof in writing to the undersigned Solicitors on or before 24/04/2020, after which date the Estate will be distributed having regard only to claims and interests of which they have had notice.

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JACQUELINE CAROL THOMAS (Deceased)

Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the aforementioned deceased, late of 6 Westgate Cowbridge CF71 7AF, who died on 23/05/2019, are required to send particulars thereof in writing to the undersigned Solicitors on or before 24/04/2020, after which date the Estate will be distributed having regard only to claims and interests of which they have had notice.

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James Giles (J)

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Guys and Dolls actors will be rocking the boat next week in the Grand Pavilion

THE talented young actors who make up the Bridgend Youth Theatre (BYT) are putting on the classic Broadway show **Guys and Dolls** next week in The Grand Pavilion, Porthcawl.

The audience can expect the usual high standard from the young cast, but this year there is a football connection, which can be traced back to artistic director Roger Burnell's years of devotion to Cardiff City.

Jude Blake, the son of the Bluebirds' former player, Nathan Blake, will be taking on the role of Nathan Detroit, while Porthcawl Comprehensive's Jack Williams, a useful football player himself, will be Sky Masterton.

Eddy Osborne, also from Porthcawl, will take the role of Sarah Brown.

Nathan Blake became involved with the theatre in 2013 after being asked to audition for a short film produced by It's My Shout for BBC called 'Say It'. Nathan's cameo role in the film sparked a similar interest from his son Jude, who has been an ever-present BYT member.

Jude has starred in musicals including South Pacific alongside Eastenders actress Samantha Womack and is set to embark upon another tour this time with the hit stage musical The Lion King taking on the role of Young Simba.

Nathan recalls "I was never nervous when I was playing football for Wales but the first time I saw Jude on stage I was a wreck".

These days Blake feels much more at ease when watching his son perform as a member of BYT, where he has taken on meaty roles such as the young Paul Robeson in the touring production 'Robeson Remembered' as well as film roles such

as Jamie in the Fearless series and one of three lead roles in an It's My Shout /BBC Wales short drama 'Tabard'.

Over the years BYT has developed and nurtured countless young talents with alumni subsequently undertaking roles on stage, TV and the silver screen, including 'Dunkirk' star Aneurin Barnard, National Theatre actress Amy Morgan and West End musical theatre star Josh Lovell.

Bridgend Youth Theatre also provides young actors the chance to learn performance skills its sister company It's My Shout CIC (film training scheme) which provides hands on training for individuals from all walks of life some looking for a change of career and others looking to simply build confidence. This scheme is run across Wales alongside partners such as BBC Wales, S4C, A.C.W., Sony, Badwolf Studios, and Awen Trust, who also run Bridgend Youth Theatre alongside It's My Shout.

Artistic Director Roger Burnell said: "I believe it's important to nurture talent in its many forms and the sooner you enable young people to realise that they can enjoy more than one sport or art form and that they can be successful in more than one area; that's when they begin to thrive and their confidence begins to build".

The former schoolteacher, who taught Gavin & Stacey stars Rob Brydon and Ruth Jones went on to say how "it only seems like yesterday Rob and Ruth were on that very stage performing in Guys and Dolls when we did the show at Porthcawl Comprehensive."

Guys and Dolls which will be at the Grand Pavilion, Porthcawl, on February 20 and 21, two shows a day, at 2.30pm and 7.30pm.

Barry and District social clubs league – a round-up of all the latest results

CRIB division one

Rhoose Social 8, Romilly Railway 7; Liberals 5, Cadoxton Cons 10; Moors Boys 6, Wyndham Cons 9.

League points: Romilly Railway 136, Rhoose Social 119, Liberals 116, West End 116, Moors Boys 113, Wyndham Cons 113, Cadoxton Cons 112.

SKITTLES division one

Barry Town Fc 5, Barries Boys 2; Liberals C 2, Sea View Exiles 5; Rhoose Social C 6, Rhoosters 1; Rugby Club 4, Allsorts 3; West End D 6, Rhoose Social B 1; Rhoose Social A 6, Liberals A 1; Cambrian Flyers 1.5, Slammers 5.5.

League points: West End D 88.5, Rhoose Social C 85.0, Sea View Exiles 82.5, Rugby Club 75.5, Barry Town Fc 71.0, Rhoose Social A 67.5, King William XII 66.5, Allsorts 66.0, Slammers 61.5, West End C 61.0, Liberals C 59.0, Barries Boys 54.5, Rhoose Social B 46.0, Rhoosters 44.5, Cambrian Flyers 41.5, Liberals A 37.5.

SNOOKER division one

West End C 4, Wyndham Cons A 1; Rhoose Social B 0, Cadoxton Cons B 5; Harbour B 4, Savoy B 1; Penarth Cons B 1, Penarth Cons A 4; Cadoxton Cons Z 3, Rhoose Social C 2.

League points: West End C 65, Harbour B 61, Cadoxton Cons Z 58, Savoy B 56, Cadoxton Cons B 51, Penarth Cons A 48, Wyndham Cons A 39, Rhoose Social C 31, Penarth Cons B 26, Rhoose Social B 20*, Liberators 15.

SNOOKER division two

Wyndham Cons D 5, Savoy C 0; Savoy C 3, Services Social B 2; Sully Sports A 0, Market Street C 5; Market Street B 1, Wyndham Cons D 4; Cadoxton Cons A 5, Harbour A 0; West End B 0, West End A 5.

League points: Market Street C 63, Services Social B 53, Savoy C 52, Market Street A 51, Wyndham Cons D 51, West End A 48, Market Street B 43, Harbour A 38, Cadoxton Cons A 36, Sully Sports A 33, West End B 32.

* = Points Deducted. View all results and league tables at www.barryleagues.co.uk.

The GEM looks at the latest movies with Damon Smith

DAMON Smith reviews the latest releases. This week: Jane Austen's plucky heroine (Anya Taylor-Joy) meddles in matters of the heart in director Autumn de Wilde's period comedy *EMMA*... and a blue hedgehog (voiced by Ben Schwartz) from another dimension battles evil scientist Dr Robotnik (Jim Carrey) in *SONIC THE HEDGEHOG*.

FILM OF THE WEEK

EMMA (U, 125 mins) Romance/Comedy/Drama. Anya Taylor-Joy, Johnny Flynn, Mia Goth, Callum Turner, Bill Nighy, Miranda Hart, Josh O'Connor, Connor Swindells, Rupert Graves, Gemma Whelan. Director: Autumn de Wilde.

Released: February 14 (UK & Ireland)

In Jane Austen's 1815 novel of mismatched lovers, meddlesome yet well-meaning Emma Woodhouse informs one dashing suitor, "I always deserve the best treatment, because I never put up with any other."

First-time feature film director Autumn de Wilde and screenwriter Eleanor Catton respond to those demands with a spirited yet staunchly faithful treatment of the source text, which gallops over various hurdles on the characters' converging paths to enduring happiness.

Neatly bookmarked into chapters denoting the four seasons, this incarnation of Emma is a handsomely upholstered and sporadically hilarious affair, distinguished by chocolate box production design and costumes.

Anya Taylor-Joy is a snug fit for the aloof, shallow and adroit heroine and catalyses gently simmering on-screen chemistry with Johnny Flynn as her stiff-shirted sparring partner, Mr Knightley.

Bill Nighy and Miranda Hart gleefully pocket hearty chuckles in colourful supporting roles while the latter also manages to tug heartstrings when her clucky spinster is on the receiving end of a cruel and careless side.

The most imaginative and wickedly enjoyable screen adaptation of Austen's work remains Amy Heckerling's delicious 1995 teen comedy *Clueless* but de Wilde politely reminds us of the book's bountiful but old-fashioned charms without straying far from the page.

Emma Woodhouse (Taylor-Joy) takes personal credit for the happy union of her former governess, Miss Taylor (Gemma Whelan), and Mr Weston (Rupert Graves).

Following the nuptials, Emma reassures her worry-wart widower father, Mr Woodhouse (Nighy), that she has no intention of contriving her own love match - "I promise to make none for myself" - and will remain by his side on the family's vast country estate.

However, Emma cannot resist interfering in matters of the heart and she defies the warnings of neighbour Mr Knightley (Flynn) to mould the romantic prospects of naive new acquaintance, Harriet Smith (Mia Goth).

The easily influenced young woman is smitten with farmer Robert Martin (Connor Swindells) but Emma persuades Harriet to shun his advances in favour of buffoonish vicar Mr Elton (Josh O'Connor).

Meanwhile, Emma eagerly awaits the arrival of Mr Weston's son Frank Churchill (Callum Turner) and ruefully tolerates the constant twitting of spinster Miss Bates (Hart).

Thanks to Emma's meddling and sharp tongue, hearts are broken and fragile egos deflated while her own happiness is called into question.

Emma fizzles pleasantly for two hours, condensing the book's central themes and disentangling extraneous characters and narrative diversions.

De Wilde demonstrates a light touch behind the camera for various set pieces including a well-choreographed country house ball where the heroine and Mr Knightley realise their true feelings for each other as their dancing arms entwine.

The characters' hearts race faster than ours as Emma tearfully learns humility and finally understands the meaning of "such a happiness when good people get together."

:: NO SWEARING :: NO SEX :: VIOLENCE
:: RATING: 7/10



ABOVE: A photo from Sonic The Hedgehog, which stars Jim Carrey as evil scientist Dr Robotnik.

LEFT: Bill Nighy stars in Emma, a romance and comedy film.

SONIC THE HEDGEHOG (PG, 99 mins)

Released: February 14 (UK & Ireland)

The lovable blue hedgehog, who starred in a series of video games on the Sega Genesis and successive consoles, headlines this big screen adventure directed by Jeff Fowler.

Sonic (voiced by Ben Schwartz) grows up under the care of owl protector Longclaw (Donna Jay Fulk) until he is forced to flee his home.

Using a magical ring portal, Sonic hastily relocates to the forest surrounding the sleeping Montana community of Green Hills, where generations of the Wachowski family have protected locals for more than 50 years.

Tom Wachowski (James Marsden) has taken up the mantle as town cop but he hungers for a greater challenge.

He plans to move to San Francisco with veterinarian wife Maddie (Tika Sumpter), bidding farewell to the station house and dim-witted police officer Billy (Adam Pally).

Those plans are put on hold when Sonic unexpectedly gate-crashes Tom's home to escape the clutches of deranged genius Dr Robotnik (Jim Carrey) and his sidekick, Agent Stone (Lee Majdoub).

Tom reluctantly agrees to accompany Sonic on a harebrained road trip

from Green Hills to San Francisco to conjure a portal to a far-flung planet, where the hedgehog will be safe from Robotnik and his weaponised drones.

THE LOST BOYS (15, 97 mins)

Released: February 14 (UK & Ireland, selected cinemas)

Nothing says romance quite like blood-sucking vampires, so for one night only on Valentine's Day, a 4K restoration of director Joel Schumacher's 1987 horror *The Lost Boys* sinks its fangs back into the big screen.

Michael Emerson (Jason Patric) and his younger brother Sam (Corey Haim) move to Santa Carla in California with their mother Lucy (Dianne Wiest).

The family settles in and Sam befriends brothers Edgar and Alan Frog (Corey Feldman, Jamison Newlander) in the local comic book store.

They warn Sam that the cosy beach community has been infiltrated by a nest of vampires and theorise that the rows of missing people on posters down at the local skate park are the victims of these bloodsuckers.

As the youngsters investigate the wild rumours, they clash with a biker gang led by the enigmatic and menacing David (Kiefer Sutherland).

A 'thoroughly deserved' win for Llantwit

L L A N T W I T Major travelled to Undy Athletic on February 8 looking to turn around their poor results of late and they certainly achieved this in emphatic fashion with a well-deserved victory.

In an evenly-balanced first half which remained goal-less at half time, Llantwit came alive in the second half with three well-taken goals, scored by Rob Jones in the 55th minute, Lewis James with his first goal in Llantwit colours in the 60th minute and Josh Jones in the 88th minute to round matters off.

This was a totally different Llantwit display from their last few games with some excellent football displayed at times and they

thoroughly deserved their victory.

Final score: Undy Athletic 0, Llantwit Major 3.

Next for Llantwit is Caerau Ely, whom they welcome to Windmill Lane in the JD Cymru South Championship on February 15, kick off 2pm.

Squad: Jack Lansdown, Dafydd Owen (Kristian Smith 80), Sean Williams, Kristian Evans (Capt), Kyran Gardner, Nathan Jones, Jonathan Butler, Rob Jones, Josh Morgan (Jonathan Fletcher 75), Lewis James (Jamie Miller 65), Josh Jones. Subs not used: Barry Whitlam and Ben Cripps.

The Weekly lottery draw for February 9:

Numbers drawn: 1, 5, 9 and 20: there were no winners and next week's jackpot (February 16) has increased to £2,150.

DJ

Top times for Llantwit SLSC at championships

RECENTLY the Junior, Open and Masters competitors from Llantwit Major SLSC competed at the Welsh Stillwater Pool Championships held in Wales National Pool, Swansea.

Over two packed days, the competitors from the junior and older age groups of the club raced in individual and team events covering the various surf lifesaving technical events.

The championships included manikin carries, manikin tows, relays and more.

All of the team put in impressive performances with everyone bettering their personal best times from last year with many improving their times significantly – a reflection of the hard work and effort put in over the winter months.

Well done to everyone involved and especially to all of the competitors who competed for their first time at a major championship.

Special mention goes to Rees Harris and Elian Davies who in the nipper-junior category, raced in their first junior championship. Both did brilliantly, with Elian picking up a new record holder gold medal in the manikin tow with fins event.

Most importantly, all of the team, parents and coaches supported each other throughout the competition. Everyone came away having had a very enjoyable and successful couple of days with the team from Llantwit.

Vale of Glamorgan Football League round up

IN the Premier Division, there were more twists and turns as this is proving to be the tightest title race for a few years.

FC Rhose returned to the top of the league after a hard fought point against Penarth Town. In an entertaining 2-2 draw Penarth continued their recent return to form grabbing the point with a last minute penalty at Ceri Road.

Defending champions Barry Athletic came back from 3-1 down to defeat Holton Road 4-3 in a thriller at the Athletic Ground halting a run of two straight defeats, doubles from Stradling and Oaten condemning Holton Road to a second successive loss.

Cadoxton Imps eased past Cowbridge Town at The Butts with a comprehensive 7-2 victory.

A hat trick for Livingston, brace for Thompson and one each for Parry and Jones giving Imps the

big win.

St Athan came away from Ceri Road with all three points after a hard fought 2-0 triumph over Cardiff Airport, the result puts St Athan second.

The top five is now separated by just two points and with plenty of games to play, this promises to be an excellent run in.

In Division One, Cwm Talwg's fine form continued as they edged Barry Athletic B 3-2. Eveleigh and a double from Kirke giving Talwg the points. Talwg have only lost once in six games since the turn of the year and the result puts them sixth.

Vale Madrid picked up a much needed win, their first win in six league games, with 3-1 victory over Holton Road B.

In Barry Cup action, the two remaining ties to finalise the quarter final line up were played, Vale United and Cadoxton Barry played out a cracking 4-4 draw

at Corntown, with Caddy Barry eventually going through after winning the dreaded penalty shootout. They go through to play Rhose Social who produces another bit of cup giant killing as they dumped out Island Marine, Premier Division leaders going into the game. Social came out 3-2 winners in a tremendous result.

The Dockers Cup this season has a new format and is for 'B' teams only, with the six 'B' teams being drawn into two groups of three playing each other once and the group winners meeting at the Jenner final. All group games will take place at The Buttrills.

AFC Rhose B are red hot favourites for this one and they showed why with a big 6-0 victory over Penarth Town B.

Next week's match of the day sees Cadoxton Imps host leaders AFC Rhose with big ramifications in the title race on the line.

HD

Ysgol Gymraeg Bro Morgannwg crowned Vale netball champions

YSGOL Gymraeg Bro Morgannwg's netball team have become the Vale of Glamorgan champions. The year 8 girls' team became champions in a recent tournament, during which they fought off hard competition.

Having won two games against Cowbridge Comprehensive and St Richard Gwyn Catholic High School and lost one game, in the end it came down to goal difference to differentiate between them and Stanwell School.

Miss Mari Williams, PE teacher said: "The girls played excellent netball. They really worked well as a team and fought hard through all of the games. It became very exciting towards the end as it came down to goal difference, and on this occasion, our team shot more goals than Stanwell. I saw very mature performances from our team. I am one proud teacher!"

This title adds to a string of other achievements from the PE department at Ysgol Gymraeg Bro Morgannwg.

Da iawn chi ferched!

Bridgend Bridge Club latest

THE latest results for Bridgend Bridge Club are:

On February 5: First, Tony Disley and Steve Burgoyne; second, Norma and David Newman; third, Irene Thomas and Graham Jones. The winners on handicap were Norma and David Newman.

On February 6: First, Vida Halford and Glyn Williams; second, Stuart Davies and Paul Lyne; third, Maggie Ashpole and David Newman. The winners on handicap were Vida Halford and Glyn Williams.

On February 7: First, Vida Halford and Glyn Williams; equal second, Steve Burgoyne and John Evans, and Maggie and Richard Ashpole. The winners on handicap were Maggie and Richard Ashpole.

Regular club nights take place at 7pm on Wednesday and Friday evenings at Nolton Church Hall. On Thursday afternoons at 1.45pm, there is a gentle bridge session when help is available with the bidding. All sessions are played in a friendly manner, visitors and new members are always welcome.

GJ

Porthcawl Bridge Club hold social event

THE Porthcawl Duplicate Bridge Club held its main social event of the year on February 6 in the Meskin Bowl (handicap); winners were Winnie and Beth, and the Meskin Cup (scratch) winners, Trish and Margaret.

The event was complemented by excellent cheese and wine provided by the club.

Latest results from the club are:

January 25: first, Trish Saunders and Terry Dolan; second (equal), John Cobby and Gerry Doak; Dil and Marian Evans.

January 30: first, Norma and David Newman; second, Roger Draper and Pat Haworth.

February 1: first, Bill Turner and Dave Lea;

second, Emer Disley and Debbie Lea.

February 7 Meskin Bowl: Beth Davies and Winnie Phillips (handicap); Meskin Cup: Trish Saunders and Margaret Harris (scratch).

The club will now hold 'training seminars' on the third Saturday of each month, starting at 2.25pm prompt, prior to the afternoon session of play. The first seminar topic on February 15 will be 'Michaels Cue Bids' (two suited overcalls) presented by Tony; suitable for all standards of player; visitors are most welcome.

The club meets twice a week at the Awel-y-Mor centre, Thursdays 6.45pm – 9.45pm and Saturdays 3.15 pm to 6.15 pm. Call secretary Trish on 01656 785794.

TH

Vale Karate success



BARRY Leisure Centre's Vale Karate were the most successful club, finishing at the top of the medal table at the inaugural Karate Wales 'closed' Championships held in Penarth on February 9.

Vale Karate started the day with a bang as they won their first medals in the new categories for very young children, the 4-6 years Kata events. The gold medalists in both the boys' and girls' sections were trainees and graduates from their very successful 'Tigers' classes, with Kiri Wisdom winning the girls' event and Elias Deere taking the boys' gold medal. In fact, all four medalists in the boys' section were from

Vale Karate with Cobey Xie, Elijah Watkins and Elliot Macleod taking the silver, and bronzes respectively, with Ruby Carmichael taking a bronze medal.

Vale continued to have success across the board throughout the event, and two of the club's youngsters, 13 year old Greg James and Mayzi Lee, 8, won the elusive 'double' taking both Kata and Kumite titles.

No less than 38 medals were won by Vale Karate with 15 new Karate Wales champions, another 15 silver medalists and eight bronze medals won.

The club's squad will now focus on the next event in the competition calendar, the finale to this season's Welsh Karate League, which takes place in Merthyr on March 15.

Sports news in brief

CONNOR Brace and Charlie Price, both well known to racegoers in the Vale, rode winners at Uttoxeter on February 8, reports Brian Lee.

Connor rode the even money favourite *Daphne Du Clos* for top trainer Nicky Hendersen and won the opening Mares Handicap Hurdle scoring by three lengths from *Llantara*. Charlie partnered the Tim Vaughan-trained *Baboin*, which took the first division of the Maiden Hurdle.

Six-year-old *Baboin*, a 5-1 chance, won by one-and-a-quarter lengths from the Jonjo O'Neill-trained *Clondaw Promise*. West Wales' Sean Bowen came away with a double after scoring on the top-weighted *Any Drama* and *The Jitterbug*, and both were returned at odds of 9-2.

Barry Rugby Club SATURDAY'S scheduled League fixture away at St Josephs was postponed by the home side due to a bereavement.

The next fixture is on February 29, when the Club entertain League leaders Treorchy. The Club Lottery rolls over to £1,400 this week after last Saturday's numbers, 01-07-21 and 22 failed to produce a winner.

Vale of Glamorgan Bridge Club

RESULTS for February 3: First: Debbie and Simon Richards 62.63%; second: Kevin Maddox and Mike Best 62.37%; third: Glenda Roberts and Liam Sheridan 60.35%. February 10: First, Kevin Maddox and Mike Best 69.35%; second, Phil Felman and Tony Disley 58.93% and third, Emer Disley and Gareth Jenkins 55.65%.

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18 18 DACIA SANDERO 0.9 Tce Ambiance 5dr, Dacia warranty June 2021, Bluetooth, aircon, 10k, white

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16 66 BMW 330d Luxury Estate Step Auto, sat nav, innovation pack, 19" alloys, black, full oyster leather

£16995 NO BUYERS FEES



17 17 KIA SPORTAGE 2.0 CRDi SX-4 AWD 5dr, pan roof, sat nav, cruise, reverse camera, silver, full leather

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17 66 JAGUAR XF 2.0d [180] Portfolio 4dr Auto, sunroof, 19" alloys, sat nav, 11k, Firenze red, full leather

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16 65 AUDI A3 1.6 TDI 110 S Line 5dr [Nav], Bluetooth, xenons, white, half leather

£11995 NO BUYERS FEES



16 66 BMW 320d EfficientDynamics Sport Estate Step Auto, sat nav, DAB, grey, full leather

£13995 NO BUYERS FEES



18 18 FORD FIESTA 1.5 TDCi 120 Titanium 5dr, Ford warranty June 2021, sat nav, cruise, Bluetooth, white

£10295 NO BUYERS FEES



16 66 BMW 420d M Sport Gran Coupe Automatic, m sport plus pack, 19" alloys, sat nav, electric glass sunroof, blue, full leather

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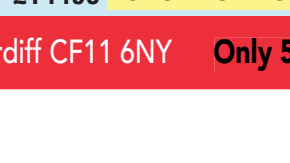
16 66 BMW 520d M Sport Estate Automatic, pan roof, 190bhp, sat nav, 33k, choice, full leather

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£22995 NO BUYERS FEES



17 17 HYUNDAI SANTA FE 2.2 CRDi Blue Drive Premium 5dr [5 Seats] Hyundai warranty July 2022, sat nav,

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17 66 ABARTH 595 1.4 T-Jet 145 3dr, air-con, dab, sat nav, 27k, yellow **£9995**

16 65 AUDI A3 1.6 TDI 110 S Line 5dr [Nav], Bluetooth, xenons, white, half leather **£11995**

18 18 AUDI A3 1.4 TFSI e-tron 5dr S Tronic, Audi warranty April 2021, sat nav, heated seats, choice, half leather/cantara **£16995**

12 12 AUDI A3 2.0 TDI S Line 2dr Convertible, Bluetooth, cruise, misano red, full leather **£5995**

17 17 AUDI A4 2.0 TDI Ultra Sport 4dr S Tronic, auto, sat nav, 17" alloys, cruise, black **£13795**

16 66 BMW 116d SE 5dr [Nav] Step Automatic, Pro nav, service pack, 19k, platinum silver **£12995**

16 66 BMW 225 1.5 XE Sport ACTIVE TOURER 5dr Automatic, 4wd sat nav, heated seats, 22k, white, full leather **£16995**

16 66 BMW 225xe Luxury 5dr [Nav] Auto, pan roof, sat nav, 35k, grey, full leather **£15995**

17 67 BMW 320d M Sport Shadow Edition 4dr Automatic, BMW warranty Oct 2020, sat nav, harman kardon, heated seats, blue, full leather **£16295**

15 65 BMW 335d XDrive M Sport 4dr Automatic, sat nav, through load, 38k, silver, full leather **£16995**

16 66 BMW 320d M Sport Estate Automatic, heated seats, grey, full leather **£15795**

16 66 BMW 330e M Sport 4dr Step Automatic, M Sport + pack, 19" alloys, sat nav, choice, full leather **£16495**

15 65 BMW 420d XDrive M Sport Coupe Automatic, 19" alloys, sat nav, 16k, blue, full leather **£17495**

16 66 BMW 420d XDrive M Sport Gran Coupe Automatic, m sport plus pack, 19" alloys, sat nav, electric glass sunroof, blue, full leather **£18995**

17 67 BMW 420d XDrive M Sport Gran Coupe 5dr (190bhp), BMW warranty Sept 2020, sat nav, 20k, black, full leather **£16995**

16 66 BMW 420d [190] M Sport 2dr Auto, M Sport + pack, 19" alloys, grey, full leather **£16495**

17 67 BMW 420d (190) m sport 5dr gran coupe automatic, bmw warranty oct 2020, 19" alloys, pro media, m sport + pack, Harman kardon, choice, full leather **£18995**

16 66 BMW 520d M Sport Estate Automatic, pan roof, 190bhp, sat nav, 33k, choice, full leather **£15495**

16 66 BMW 535d Gran Turismo M Sport 5dr Step Automatic, sat nav, soft close doors, reverse camera, 33k, silver, full leather **£22995**

16 66 BMW 640d M Sport 4dr Automatic, sat nav, 19" alloys, xenons, 29k, blue, full beige leather **£22495**

15 15 BMW M5 4.4 4dr DCT automatic (559bhp), elec glass sunroof, 19" alloys, sat nav, reverse camera, 26k, white, full leather **£26995**

15 65 BMW X1 2.0 D XDrive X-Line 5dr Automatic (190bhp), sat nav, 18" alloys, 32k, bronze, full leather **£16795**

16 68 BMW X2 sDrive 20i M Sport 5dr Step Auto, BMW warranty Jan 2022, 19" alloys, sat nav, privacy glass, 5k, black **£23995**

16 16 BMW X3 xDrive 20d M Sport 5dr Step Automatic, sat nav, 19" alloys, black, full leather **£17995**

15 65 BMW X5 3.0 D XDrive M Sport 5dr Automatic (7-Seater), 20" alloys, sat nav, reverse camera, carbon black, full leather **£26495**

17 17 CITROEN C4 CACTUS 1.2 PureTech Flair 5dr, sat nav, reverse camera, 15k, silver **£8495**

15 65 FIAT 500 1.2 Lounge 3dr, pan roof, Bluetooth, usb, alloys, 23k, choice **£5795**

17 67 FIAT 500 1.2 Lounge 3dr, pan roof, alloys, usb, dab, choice **£6295**

17 67 FIAT 500X 1.6 E-Torq Pop Star 5dr, sat nav, cruise, Bluetooth, 12k, black **£10295**

17 67 FORD EDGE 2.0 TDCi 180 Titanium 5dr 4WD, Ford warranty Dec 2020, pan roof, sat nav, reverse camera, 16k, silver with full leather **£20495**

17 17 FORD FOCUS 1.5 TDCi 120 Zetec Edition 5dr, Ford warranty April 2020, sat nav, cruise, Bluetooth, silver **£8495**

17 17 FORD FOCUS 1.0 EcoBoost 125 Zetec 5dr, Ford warranty April 2020, sat nav, Bluetooth, cruise, 18k, met blue **£9995**

17 67 FORD FOCUS 1.0 EcoBoost 140 ST-Line Navigation 5dr, Bluetooth, LED lights, USB, privacy glass, 12k, black **£12495**

19 68 FORD FOCUS 1.0 EcoBoost 125 ST-Line X 5dr, Ford warranty Feb 2022, sat nav, cruise, heated seats, 7k, black **£16995**

19 69 FORD FOCUS 1.5 EcoBoost 182 ST-Line X 5dr, Ford warranty Oct 2022, sat nav, reverse camera, heated seats, only 311 miles in white, half-leather **£19995**

16 66 FORD S-MAX 2.0 TDCi 180 Titanium Sport 5dr X-Pack (7-Seater), pan roof, sat nav, 33k, black, full leather **£17495**

19 19 HYUNDAI i30 2.0 T GDI N Performance 5dr (271bhp), Hyundai warranty April 2024, sat nav, reverse camera, 19" alloys, 3k, black, half-leather **£21995**

19 69 HYUNDAI KONA 1.6 150kw GDI Hybrid Premium SE 5dr Automatic, Hyundai warranty Oct 2024, sat nav, reverse camera, heated seats, only 464 miles in orange **£22995**

19 19 HYUNDAI TUCSON 1.6 CRDi SE Nav 5dr 2WD, Hyundai warranty May 2024, sat nav, reverse camera, 7k, grey, full leather **£18995**

16 66 INFINITI Q30 2.2D Premium Tech 5dr DCT automatic 4WD, panoramic roof, 18" alloys, 19k, grey, full leather **£15795**

16 67 JAGUAR F-PACE 3.0d V6 S 5dr Auto AWD (300bhp), Jaguar warranty Dec 2020, 20" alloys, sat nav, 28k, white, full two tone leather **£31995**

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18 18 JEEP CHEROKEE 2.2 CRD MultiJet 200 Limited 5dr 4WD Automatic, Jeep warranty Oct 2020, sat nav, reverse camera, privacy glass, 12k, choice, full leather **£16995**

16 66 JEEP GRAND CHEROKEE 3.0 CRD Limited Plus 5dr Auto [Start Stop] 20" alloys, sat nav, 23k, grey, full leather **£21995**

15 15 JEEP RENEGADE 1.6 MultiJet Sport 5dr, alloys, privacy glass, 14k, orange **£9495**

16 66 JEEP RENEGADE 2.0 MultiJet Limited 5dr Automatic 4WD, sat nav, heated seats, black, full leather **£9495**

17 67 JEEP RENEGADE 1.6 MultiJet Night Eagle II 5dr, Jeep warranty Nov 2020, sat nav, privacy glass, cruise, 29k, white **£11995**

13 63 KIA CEED 1.4 CRD 1 Estate, air-con, Bluetooth, aux, usb, silver **£4495**

18 68 KIA CEED 1.4 T GDI ISG Blue Edition 5dr, Kia warranty Dec 2025, sat nav, reverse camera, 8k, blue **£14995**

18 68 KIA NIRO 1.6 GDI Hybrid 4 5dr DCT Automatic, KIA Warranty until November 2025, pan roof, sat nav, reverse camera, 13k, grey, full leather **£21995**

16 16 KIA SPORTAGE 2.0 CRDi SX-3 5dr Automatic AWD (Facelift), Kia warranty May 2023, sat nav, reverse camera, 41k, white, full leather **£14295**

16 66 KIA SPORTAGE 1.6 T-GDI GT-Line 5dr Automatic AWD, Kia warranty Nov 2023, sat nav, reverse camera, heated seats, choice, full leather **£14495**

17 67 KIA SPORTAGE 1.6 T GDI GT-Line 5dr 4WD, Kia warranty Nov 2024, sat nav, reverse camera, 12k, white, full leather **£16495**

16 16 KIA SPORTAGE 2.0 CRDi SX-3 5dr (Facelift), Kia warranty June 2023, sat nav, reverse camera, 25k, choice, full leather **£13295**

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14 64 LAND ROVER RANGE ROVER SPORT 3.0 SDV6 HSE 5dr Auto, 20"black alloys, sat nav, silver, full leather...£27995

16 66 RANGE ROVER 3.0 TDV6 Vogue SE 4dr Auto, 20"alloys, panoramic roof, contrast roof, 20k, silver, full leather.....£42995

18 68 MAZDA 3 2.2 D SPORT Nav 5dr, Mazda warranty Sept 2021, sat nav, headup display, reverse camera, black, full leather.....£14995

18 68 MERCEDES A180 D AMG Line 5dr Automatic, Mercedes warranty Oct 2021, sat nav, reverse camera, dab, 15k, choice, half-leather.....£19795

14 14 MERCEDES A200 [2.1] CDI AMG Sport 5dr, cruise, Bluetooth, grey.....£10995

16 66 MERCEDES CLA200 D Sport 4dr, cruise, Bluetooth, aux, usb, 28k, red.....£15495

17 17 MERCEDES CLA 200d AMG Line Estate Tip Automatic, Mercedes warranty May 2020, sat nav, 18"alloys, black, half leather.....£16495

18 68 MERCEDES C200 AMG Line Premium 5dr Estate 9G-Tronic Automatic, Mercedes warranty Oct 2021, sat nav, reverse camera, dab, usb, 8k, choice, half-leather.....£22995

19 19 MERCEDES C200 AMG Line 2dr Convertible 9G-Tronic, Mercedes warranty April 2022, sat nav, xenons, 6k, white, half leather/suede.....£27495

19 19 MERCEDES C300 D AMG Line Premium 2dr Coupe 9G-Tronic Automatic, Mercedes warranty April 2022, sat nav, reverse camera, 1k, choice with half-leather.....£28995

17 67 MERCEDESE220d AMG Line 2dr Convertible 9G-Tronic, Mercedes warranty Dec 2020, sat nav, air scarf, maroon hood, white, half leather/suede.....£21495

17 67 MERCEDES E220 D SE 4dr 9G-Tronic Automatic, Mercedes warranty Oct 2020, sat nav, reverse camera, 17k, choice, full leather.....£19995

17 17 MERCEDES E220 D AMG Line 4dr 9G-Tronic Automatic, Mercedes warranty Aug 2020, widescreen sat nav, ambient lighting, heated seats, xenons, 20k, choice...£19795

17 67 MERCEDES E220 D AMG Line 5dr Estate 9G-Tronic Automatic, Mercedes warranty Oct 2020, sat nav, reverse camera, 19"alloys, 13k, half-leather.....£21795

18 18 MERCEDES E220 D AMG Line 2dr Convertible Automatic, Mercedes warranty April 2021, sat nav, 20"alloys, reverse camera, 9k, black.....£26995

16 66 MERCEDES GLC220d 4Matic Sport Premium 5dr 9G-Tronic Automatic, pan roof, sat nav, reverse camera, choice, full leather.....£21495

18 18 MERCEDES GLS350 D 4Matic AMG Line 5dr 9G-Tronic Automatic 7-Seater, Mercedes warranty Aug 2021, night pack, Harman kardon, sat nav, pan roof, 13k, white, full leather.....£43995

16 66 MINI COUNTRYMAN 2.0 S D 5dr, chilli pack, heated seats, 18"alloys, 32k, blue.....£11995

16 16 MINI CONVERTIBLE 1.5 2dr, JCW chilli pack, heated seats, reverse camera, 12k, white, half-leather.....£12495

17 67 MITSUBISHI ASX 1.6 3 5dr, Mitsubishi warranty Dec 2020, reverse camera, heated seats, 11k, white.....£11995

14 14 NISSAN JUKE 1.5 DCI Visia 5dr, air-con, alloys, grey.....£6295

18 68 NISSAN QASHQAI 1.2 DiG-T N-Connecta 5dr, Nissan warranty October 2021, sat nav, 18"alloys, pan roof, 7k, black.....£15995

17 67 NISSAN QASHQAI 1.5 DCI Acenta 5dr, Nissan warranty Oct 2020, cruise, Bluetooth, aux, usb, 14k, blue.....£12495

16 66 NISSAN QASHQAI 1.6 dCi Tekna 5dr, sat nav, rev cam, 24k, black, full leather.....£12495

16 66 NISSAN QASHQAI 1.6 DCI 130 N-Connecta 5dr CVT Automatic, sat nav, reverse camera, blue.....£11495

16 66 NISSAN X-TRAIL 1.6 dCi N-Vision 5dr, panoramic roof, sat nav, 19"alloys, met green.....£12995

17 67 NISSAN X-TRAIL 1.6 DCI Acenta 5dr Xtronic Automatica (7-Seater), Nissan warranty Oct 2020, pan roof, cruise, 9k, blue.....£14995

14 64 PORSCHE MACAN 3.0 TDV6 S 4WD 5dr PDK, Sport design pack, 19"alloys, white, full leather.....£27995

15 65 RENAULT TWINGO 0.9 TCE Dynamique S 5dr, sat nav, rev camera, white.....£5495

17 66 RENAULT CAPTUR 0.9 TCE 90 Dynamique S 5dr, Renault warranty Feb 2021, sat nav, pdc, privacy glass, 19k, black.....£9495

17 67 RENAULT KADJAR 1.2 TCE Dynamique Nav 5dr, Renault warranty Nov 2021, sat nav, cruise, Bluetooth, dab, 15k, white.....£11795

16 66 RENAULT KADJAR 1.5 DCI Dynamique Nav 5dr, cruise, Bluetooth, dab, 14k, gold.....£10495

15 65 RENAULT MEGANE 1.5 DCI GT Line Nav 5dr, sat nav, 18"alloys, Bluetooth, 42k, red, half-leather.....£7995

17 67 SEAT LEON 1.6 TDI SE Dynamic Technology 5dr DSG Automatic, Seat warranty until December 2020, sat nav, cruise, 8k, grey.....£11495

17 67 SEAT ALHAMBRA 2.0 TDI CR Xcellence [150] 5dr DSG (7-Seater), Seat warranty Jan 2021, pan roof, sat nav, 16k, grey, full leather.....£21495

17 17 TOYOTA CH-R 1.8 Hybrid Dynamic S 5dr CVT, sat nav, reverse camera, blue.....£18995

18 18 TOYOTA PRIUS+ 1.8 VVT-i Icon TSS 5dr CVT Auto (7-seater) Toyota warranty Aug 2023, reverse camera, Bluetooth, white.....£20995

17 66 VW GOLF 2.0 TSI Blue Motion Tech GTI 5dr Automatic (220bhp), VW warranty March 2020, sat nav, cruise, heated seats, 10k, red.....£17995

16 66 VW GOLF 2.0 TDI GT Edition 5dr, sat nav, heated seats, grey.....£13995

16 66 VW SCIROCCO 2.0 Tdi BlueMotion Tech GT 3dr DSG Automatic, sat nav, 18"black alloys, dab, grey, half-leather.....£13795

17 67 VW TIGUAN 2.0 TDI SE 5dr DSG Automatic, VW warranty Dec 2020, sat nav, cruise, dab, 17k, grey.....£18995

14 64 VW TOURAN 2.0 TDI BlueMotion Tech SE 5dr, (7-Seater) DAB, cruise, white.....£9995

17 67 VOLVO S60 2.0 T4 [190] Business Edition Lux 4dr, Volvo warranty Oct 2020, sat nav, 17k, blue.....£12995

18 68 VOLVO V60 2.0 D4 (190) Momentum Estate Automatic, Volvo warranty Dec 2021, sat nav, heated seats, 10k, black.....£21495

14 64 VOLVO XC60 2.0 D4 R-Design 5dr Geartronic, cruise, Bluetooth, dab, 45k, black, half-leather.....£14495

16 16 VOLVO XC60 D4 [190] SE Lux Nav 5dr Geartronic, sat nav, cruise, 31k, white, full leather.....£17995



16 66 NISSAN JUKE 1.5 dCi N-Connecta 5dr, sat nav, reverse camera, choice

£8995 NO BUYERS FEES



18 68 MERCEDES E220 D AMG Line Premium 2dr Coupe 9G-Tronic Automatic, pan roof, sat nav, reverse camera,

£28995 NO BUYERS FEES



17 67 MINI 1.5 Cooper 2dr Convertible, Chilli Pack 17" alloys, reverse camera, 27k, Caribbean blue, half leather

£11495 NO BUYERS FEES



17 67 LEXUS IS300h Advance 4dr CVT Automatic, sat nav, reverse camera, 17" alloys, cruise, grey, full leather

£16995 NO BUYERS FEES



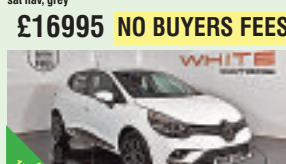
18 68 MITSUBISHI OUTLANDER 2.4 PHEV 4h 5dr Auto, 18" alloys, heated seats, 11k, black, full leather

£23995 NO BUYERS FEES



18 68 PEUGEOT 3008 1.5 BlueHDI Allure 5dr, apple car play, sat nav, grey

£16995 NO BUYERS FEES



18 68 RENAULT CLIO 0.9 TCE 75 Play 5dr, Renault warranty Dec 2022, cruise, alloys, 8k, white

£8795 NO BUYERS FEES



16 66 MINI COUNTRYMAN 1.6 Cooper D Park Lane 5dr, cruise, heated seats, 18" alloys, 31k, grey, full leather

£11995 NO BUYERS FEES



18 67 PEUGEOT 5008 1.6 BlueHDI 120 GT Line 5dr EAT6 Auto (7-seater) sat nav, reverse camera, 9k, white

£22495 NO BUYERS FEES



17 17 RANGE ROVER EVOQUE 2.0 eD4 SE Tech 5dr 2WD, sat nav, privacy glass, 27k, black, full leather

£19995 NO BUYERS FEES



14 64 MERCEDES A180 CDI AMG Sport 5dr, pan roof, 18"black alloys, parktronic, white, half leather/suede

£12495 NO BUYERS FEES



17 67 VW GOLF 2.0 TDI 184 GTD 5dr DSG auto, sat nav, xenons, heated seats, 26k, GREY

£18995 NO BUYERS FEES



17 67 MERCEDES GLC 220d 4Matic AMG Line 5dr 9G-Tronic, sat nav, reverse camera, 15k, choice, full leather

£22995 NO BUYERS FEES



17 66 MERCEDES C250d Sport Premium Plus Estate Auto, pan roof, sat nav, 33k, blue, full leather

£18995 NO BUYERS FEES

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In cream, 51,000 miles, sat nav, FSH
£7,495



10 MERCEDES SLK 200K Automatic
Black with black leather, 85,000 miles, convertible
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- 64 RANGE ROVER 3.0 Diesel HSE Auto white with black roof, 52,000 miles, too many extras to list, fantastic value **£31,995**
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- 63 MERCEDES ML350 AMG 3.0D in Obsidian Black, 35,000 miles, leather, Alcantara seats, Sat Nav, etc**£18,995**
- 16 BMW 330D Luxury Automatic in white, 14,000 miles with leather, sat-nav, superb example**Reduced to £17,995**
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- 17 SEAT ALHAMBRA 2.0 TDi (184) SE Lyx Auto 7-seater In black, 57,000 miles**£16,995**
- 07 JAGUAR XKR 4.2 CONVERTIBLE in metallic black with black leather, 51,000 miles**£16,995**
- 63 BMW X3 X-Drive 2.0D M-Sport Auto In met blue with cream leather, 38,000 miles**£15,995**
- 15 MERCEDES E220 AMG line 2.1D Auto in cavanisite blue, 28,000 miles, leather heated seats, sat nav etc**£14,995**
- 65 MITSUBISHI OUTLANDER GX 3H PHEV 2.0 Electric/Hybrid in Diamond White, 33,000 miles, half leather, FSH, AWD, free Road Tax**£14,995**
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- 64 MERCEDES B180 SE CDI 1461cc Automatic In met grey, 39,000 miles, leather, sat nav, Reverse cam**£9,995**
- 54 AUDI RS6 AVANT QUATTRO 4.2 V8 Auto in met silver with black leather, 100,000 miles, classic at**£9,995**
- 14 FORD KUGA 2.0 TDCi Titanium in red with black trim 40,000 miles**£9,995**
- 14 MERCEDES A180 Blue Elegance Sport Met grey, 61,000 miles, £20 road tax**£9,495**
- 15 AUDI A1 SPORT 1.6 TDi 3dr In white, 33,000 miles, free road tax**£9,295**
- 69 MG3 Excite VTI-Tech 5dr in laser blue, 1,454 miles, new model**£8,995**
- 65 NISSAN MICRA ACCENTA LIMITED EDITION 5dr in white, 17,000 miles, under Nissan warranty**£8,995**
- 64 VW PASSAT CC Bluemotion Technology 2.0 TDi Coupe in silver, 37,000 miles, sat nav etc**Reduced to £8,995**
- 17 FORD B-MAX 1.5 Diesel Zetec Navigator in black, 16,000 miles, practical with low running costs**£8,995**
- 14 KIA CARENS 2 1.7 CRDi Automatic 7 seater In blue, 43,000 miles, bluetooth, PS**£8,695**
- 65 HONDA CIVIC 1.6i-D Tec SR 5dr In twilight blue, 75,000 miles, sat nav, leather etc**£8,495**
- 65 FORD FOCUS 1.5 TDCi Zetec S 5dr In white, 55,000 miles with appearance pack**£8,495**
- 63 MERCEDES B200 1.8D Sport in black, 54,000 miles, pan roof, sat nav**£8,495**
- 16 RENAULT CLIO 1.5 DCi iconic nav 5dr met black with black leather, 22,000 miles**£8,295**
- 14 SKODA YETI 2.0TDi CR 4x4 in black, 58,000 miles, very practical**Reduced by £1000 to £8,995**
- 66 FORD FIESTA 1.2 ZETEC white edition 3dr, 18,000 miles, blue roof, etc**£7,995**

- 16 MAZDA 2 SPORT 1.5 Diesel 5dr Met green, 44,000 miles, sat nav etc**£7,995**
- 13 HONDA CIVIC I-VTEC ES-T 1.8cc in Woodland Green, 38,000 miles, Sat Nav, folding mirrors**£7,695**
- 12 AUDI A3 1.8 TFSI SPORT CONVERTABLE Automatic in silver, 46,000 miles**£7,695**
- 65 NISSAN PULSAR 1.2 GiG-T 5dr N-Tec in white, 81,000 miles, high spec, £30 road tax**£7,495**
- 15 RENAULT CAPTUR M NAV 1.5 Diesel in cream, 51,000 miles, sat nav, FSH**£7,495**
- 09 MERCEDES E350 CDI Sport Coupe Auto in met grey with tan leather, 89,000 miles, Sat Nav**£7,495**
- 67 VW MOVE UP 1.0 5dr in met blue, 19,000 miles, low insurance**£6,995**
- 65 CITROEN C4 CACTUS BLUE HDi FEEL 1.6D In red, 37,000 miles, DAB radio, free road tax**Reduced to £6,995**
- 64 VW POLO 1.0 S 5dr in red, 27,000 miles, £20 road tax**£6,995**
- 64 FIAT DOBLO 1.6 Diesel Eleganza Multi-jet in met blue, 41,000 miles, 1 owner**£6,995**
- 61 BMW 320D SE Coupe Met silver with black leather, 54,000 miles, stylish coupe**£6,995**
- 57 MERCEDES SLK 350 AUTO in black with grey leather, heated seats, 59,000 miles, with extras**£6,995**
- 16 FIAT 500 LOUNGE 1.2 in white, 9,000 miles, glass roof, sat nav, superb example**Reduced to £6,995**
- 14 PEUGEOT 3008 Active 16 E-HDi Automatic in Lemans red, 39,000 miles, £20 road tax**£6,995**
- 13 FORD FOCUS 1.6 Automatic Zetec Estate in red, 35,000 miles from new**£6,995**
- 12 HONDA CRV 2.2 Diesel Ex In met blue, 86,000 miles, sat nav, pan roof, leather**£6,995**
- 64 SKODA ROOMSTER 1.2 BLACK EDITION, 41,000 miles, with glass roof, sat nav**£6,795**
- 66 KIA PICANTO 1.0 SE 5dr in black, 26,000 miles, 1 owner**£6,495**
- 65 SEAT IBIZA 14 TOCA 3dr in red, 16,000 miles, with Sat Nav**£6,495**
- 65 PEUGEOT 2008 Active 1.6 HDi In met grey, 46,000 miles, low running costs**£6,495**
- 63 VW POLO 1.2 MATCH 5de in red, 41,000 miles, alloys, A/C etc**£6,495**
- 14 PEUGEOT 208 XY E-HDi 1.6 Diesel 3-door in black, 37,000 miles, half lather, pan roof**£6,495**
- 64 VAUXHALL CORSA 1.2 Limited Edition 3dr Yellow with black roof, 22,000 miles, A/C etc**£6,295**
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- 63 RENAULT CLIO 1.5 DCi Energy 5dr in yellow, 62,000 miles, Free road tax**£4,995**
- 16 FIAT PANDA 1.2 Easy In white, 1 owner, 66,000 miles, fantastic value**£4,995**
- 13 DACIA DUSTER 1.5 DCi Laureate Met grey, 54,000 miles, FSH**£4,995**
- 13 FIAT 500 1.2 POP CONVERTIBLE in yellow, 48,000 miles, £30 road tax**£4,995**
- 16 SUZUKI CELERIO 1.0 S22 5dr in black 26,000 miles low running costs**£4,495**
- 63 PEUGEOT 208 ACTIVE 12 in met grey 59,000 miles superb value**£4,295**
- 62 PEUGEOT 107 Active 3dr in black, 34,000 miles, very nice example**£3,495**
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Aruba Gold with tan leather, 37,000 miles, pan roof, etc & service plan
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49,000 miles, too many extras to list, fantastic value
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In metallic black with black leather, 51,000 miles
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64 VW PASSAT CC Bluemotion Technology 2.0 TDi Coupe
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Barry and District Ladies Skittles League

THE latest results from the Barry and District Ladies Skittles League are as follows:

Division 1:

Pila Pals 228 (D O'Sullivan 24) v Cigar Ladies 240 (L Webb 30); La Belles 318 (C Knight 33) v Bakers Dozen 356 (M Lewis 34); Challengers 257 (J Dimond 28) v Special, Angels 227 (P Grisdale, J Abram 25); Space Finders 312 (D Carter 30) v Coppers 322 (S Curtis, J Rally 32); Friends and Family 215 (J Cropmton 24) v Sea View Gals 250 (J Cannon, K Weston 25); Cadoxton Conservative Fillies 201 (J Gee 21) v Barry Stars 226 (J Taylor, C Lambeth 22).

Division 2:

Rugby Triers 213 (S Watts 22) v Breakaways 227 (C Parfitt 25); Red Admiral 244 (J Foren, S Watkins 25) v Persuaders 207 (C Organ 24); Etcetera 239 (J Barton 27) v Rollers Coasters 216 (J Marriott 26); Bobby's Girls 215 (G Toogood 33) v Colcot Ladies 251 (D Mansbridge 27).

Division 3:

Dolly Mixtures 205 (A Forrest 25) v Livin-on-a-Spare 219 (M Hamblin 29); Westenders 250 (C Gee 28) v Little Devils 200 (JH Jones 27); Airways Angels 247 (B Gibbs & L Taylor 24) v Witchill Widows 264 (M Curry, A Bird 26).

Division 4:

Westend Rollers 126 (T Perry 25) v Socialites 157 (P Todd 22); Drifters 260 (T Jolliffe 29) v Aristocats 204 (M Moore 24); Down Town Gals 221 (T Mills 27) v Witches 217 (Y Chick 22).

Barry and District Men's Skittles League

THE latest results from the Barry and District Men's Skittle League are:

Division 1: Billy Whizz 278 (J Snook 29), Merryman 275 (N Williams, A Pearce 28); Blue Monkey 289 (D McCarthy 30), Park Lads 241 (M Whyman Snr, D Summerell 23); Cavaliers 269 (M Avoiit, P Douglas 27), Posties 274 (D Gallimore, T Gray 29); Sea View 322 (M Robins 34), Bunker Boys 341 (S Western 37); Willie Wombles 295 (J Norris 32), Geest 269 (C Bielski 29); 49ers 295 (M Pope, J Gee, G Yarr 28), British Rail 303 (S Arscott 30). League: Merryman 24, 49ers 22, Blue Monkey 16, Billy Whizz 16, Willie Wombles 16, Cavaliers 16, Bunker Boys 13, Posties 10, Park Lads 9, British Rail 8, Sea View 8, Geest 8. **Division 2:** Cannon Balls 271 (G Curry 29), Tynny Lads 293 (D Dutch, S Germon 28); Barry Park B 262 (A Martin 28), Park Rangers 287 (S Dite 28); Colcot Boys 264 (T Sherrin 28), Castle Boys 266 (K Eveleigh 30); KP Rejects 343 (S Lambert, M Dawe 35), Mighty Dockers 352 (P Evans 39); Exiles 274 (S Moore 28), Witchill Poachers 265 (G Davies, A Butler, M Copp 25). League: Mighty Dockers 22, Cannon Balls 20, Tynny Lads 18, H Bells 16, KP Rejects 16, Park Rangers 13, Hairy Lemons 13, Barry Park B 13; Colcot Boys 12, Witchill Poachers 9, Castle Boys 8, Exiles 4. **Division 3:** Witchill Nomads 331 (M Burrows, K Dobson 33), Billy Flyers 357 (A Davies 37); Abercete 254 (Rick Mountjoy 29), Alternatives 267 (A Harris 28); Royalists 296 (D Casado, G Davies 28), Cocoa Nuts 296 (T Clements, J Green 28); Billy Bluebirds 250 (G Norris 26), BP Breakaways 266 (K Power 30); CUD 215 (P Palmer 25), Ex Servicemen 277 (R Williams 29). League: Alternatives 18, BP Breakaways 16, Cocoa Nuts 15, Royalists 15, Billy Flyers 14, Billy Bluebirds 14, Ex Servicemen 12, Witchill Nomads 7, CUD 3, Abercete 2. See results at www.barryleagues.co.uk.

Cricket Academy hit the competition for six and become Welsh College champions



CARDIFF and Vale College and Glamorgan Cricket Club's Education and Cricket Academy has won the Welsh Colleges Crickets 24 competition, despite having never taken part in the contest before.

The Academy hosted the competition at Glamorgan Cricket's Sophia Gardens base. Two teams were entered; BTEC Sport Level 3 Year 1 and BTEC Sport Level 3 Year 2. The tournament was played in a round robin format with the league winners taking the prize. The Cricket Academy teams finished in the top places with the Year 2 team winning the final match and will now go on to the Association of Colleges (Aoc) National Championships.

Coach Adam Harrison (pictured) said: "The boys played some excellent cricket, winning all of their games and against some strong competition from Gower College and Neath Port Talbot College. It will be our first time at the Aoc National Championship; we know the competition will be strong; however, we will be going there to win!"

The Education and Cricket Academy will join the CAVC Football Academy, A level student Ellie Robinson, competing in cross country, and academy player Ellis James, competing in golf at the National Championships in April. The Cricket Academy is part of the college's growing range of sport academies and is open to people who wish to study the BTEC Level 3 at Sophia Gardens and also to CAVC students. They will be coached by Glamorgan's Adam Harrison and Michael Clayden.

Cowbridge Tennis Club celebrates growth

COWBRIDGE Tennis Club (CTC) recently welcomed LTA deputy president Sandi Procter to the club to celebrate its growth in membership.

Following a successful year, Cowbridge Tennis has had a 40% increase in membership with more than 240 members now enjoying the club's courts and facilities; in addition, 'pay-to-play' was taken up by over 100 non-members.

"Cowbridge Tennis offers regular coaching sessions for small groups for juniors and adults with the club's LTA qualified coaches, as well as social tennis, giving members and non-members the

opportunity to play, improve and enjoy.

Sandi Procter said: "It was a pleasure to join Cowbridge Tennis at their tournament and meet their lovely members and committee. It was great to see a club opening tennis up for everyone through their pay-to-play facility, and also their commitment to growing junior tennis at the club, for the potential stars of the future."

CTC continues to work to encourage families, professionals and seniors to join the club, with its first open event of the year taking place in May 2020, supported by Tennis Wales.

For more information about CTC and its facilities, visit www.cowbridgetennis.co.uk.

Barrivale Bridge Club news

THE results for Barrivale Bridge Club Claret Jug and Doughty Bowl event on February 4 are as follows:

First, Vivien Liles and Lyn Matthews, 60.71%; second, Jane Brook and Sean Macdougall, 57.14%; third, Irene Thomas and Dave Thomas, 56.55%.

The handicap winners were Vivien Liles and Lyn Matthews. New members are welcomed and a partner may be arranged, if required, if Heol y Llongau, Barry CF63 4AP.

If you would like

to join the club, call 01446 418380, 01446 733425, 01446 735592 or call at the Pioneer Hall, Beryl Road, Barry at 7pm on Tuesday evening.

The following sessions are also available for beginners and improvers: Classes and assisted play at the Pioneer Hall Friday mornings from 10am-12.30pm and on Thursday afternoons for assisted play from 1.30pm-4pm at the Barry Uniting Church, Heol y Llongau, Barry CF63 4AP.

LH

A thrilling denouement to the Cowbridge Darts Commemorative Cup

ON February 4, the Farmers Arms hosted the semi-finals and final of the Commemorative Cup Competition which proved to be a very exciting evening for both competitors and spectators.

In the first semi-final, Lauren Spear, Luke Richards and Martin Thomas (Edmondes B) played Sally McCaver, Rob McCaver and John Izzard (Hairy Farmers). Sally, Rob and John took the first leg and were very close to taking the second leg and winning the match 2-0, but it was Lauren, Luke and Martin who took the second leg and then the third to win the match 2-1.

In the second semi-final, Maureen Fleming, Nigel Thomas and Rob Jones (Farmers Arms) were defeated 2-0 by Amanda Hole, Steve Simmonite and Grant Smith (Red Lion/Edmondes A).

The final was a fantastic match. Amanda, Steve and Grant took the first leg and had the opportunity to take the second, but Lauren, Luke and Martin eventually won that leg. They went on to win the next leg and take a 2-1 lead. Amanda, Steve and Grant then won the next leg. With the score now even at 2-2, it was time to play the decisive leg. In the fifth leg, both teams had darts to win, but in the end the defending champions Lauren Spear, Luke Richards and Martin Thomas, came out on top, winning 3-2.

Present league standings after 10 weeks are: Edmondes B (133 points), Highwayman Inn (119), Victoria Inn (102), Farmers Arms (99), Hairy Farmers (94), Edmondes A (88), Town Hall Criers (80), Edmondes C (71) and Red Lion Inn (59).

This coming Tuesday, February 18, is the first evening of the men's doubles competition when the Edmondes Arms and the Victoria Inn will host the matches.

All matches start at 8.15pm and spectators are welcome. For further information, email Paul at cowbridgedarts@gmail.com, up-to-date information can be found at www.darts.apsn.co.uk.

Please note: the league is very keen to grow and have more teams next season, so if anyone is looking at putting a team together, or any landlord is keen to host a darts team, get in touch!

PJT

Vale boxers feature in book

A NUMBER of boxers from the Vale, Llanharan and Barry feature in Gareth Jones' recently published *The Boxers Of Wales - South, West & Mid Glamorgan* and published by St David's Press at £16.99.

They include Penarth's Don Sainsbury, Barry's Dave Williams and Pyle's Ron Cooper.

Glamorgan's coastal towns, which have produced dozens of top fighters - not least the Selby brothers from Barry - are given essays of various lengths and the book is packed with more than 100 photos and illustrations.

Rhys Howells (1901-1968) who was raised in Maesteg, we learn was 'a natural athlete' who once beat the great Cardiff boxer Jack Petersen, w

hile Barry's Billy Brown (1936-2007) was an Empire Games bronze medalist in 1958.

The author begins his essay on Michael Smyth with the words: "When the scenic railway that had long been Barry Island's main attraction had to be demolished following storm damage, Michael Smyth was only three years old. But his life was to have as many ups and downs as the old fairground ride."

Some 53 boxers are featured and author Gareth Jones, who has been writing and broadcasting on Welsh boxing for 45 years, including two decades as Welsh correspondent of the trade magazine *Boxing News*, has done them proud.

The book is available from all good bookshops and from post@st-davids-press.com.

BL

Evan's long trip pays off

EVAN Williams' 300 miles trip to Carlisle on February 3 paid off handsomely.

He landed a double when his *Ballybreen*, a 9-2 chance partnered by Connor Ring, won the Introducing Racing TV Novices' Handicap Chase with Ring getting his mount home in the final stride by a neck from *Real Armani*.

Later in the day, Evan's *Skewiff*, under Adam Wedge, a 5-1 shot, took the Brisco Mares' Handicap Chase.

Just 24 hours later at Sedgefield, Evan was back in the winner's enclosure again after his *Sign Of War* (11-4 favourite) won the Stockton Kia Handicap Hurdle and his *Miss Zip* (7-2 favourite) took the

Spray Technologies Bespoke Spraying Handicap Chase. Both were ridden by Adam Wedge.

Neighbouring trainer Tim Vaughan also had plenty to smile about as his *Let The Heirs Walk*, under Alan Johns, won the Weatherbys Stallion Book Maiden Hurdle.

At Market Rasen, Bridgend's Connor Brace won the Betway Conditional Jockeys' Handicap Hurdle on Fergal O'Brien's top weighted *Ballyhome* finishing two-and-a-half lengths ahead of *Steady Away*, ridden by Connor's friend Ben Jones.

Another Welsh rider to ride a winner at the meeting was Sean Bowen who took the Betway Mares' Handicap Chase on *Lady Master*.

Brian Lee



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It's deja vu all over again as Ireland squeeze the life out of Wales - report by Philip Irwin

THIS year's clash between Ireland and Wales in Dublin promised something different, with two new coaches taking over after the long reigns of Warren Gatland and Joe Schmidt.

In the end, however, it was time to drag out the famous Yogi Berra quote about deja vu, as Ireland did what they have done best for the last six years under Schmidt, playing risk averse possession rugby and squeezing the life out of Wales.

On the 25-minute mark, a graphic appeared on the TV screen, showing Ireland with 75 per cent possession. To be honest, I was surprised that Wales were as high as 25. They certainly had been trapped in their own half all that time.

Wayne Pivac has shown signs of how he wants Wales to play, with forwards appearing out wide and looking for off loads after committing defenders to the tackle. However, with limited possession we saw that only in flashes.

In the case of the other new coach, Andy Farrell, it's early days yet but so far it's a case of 'Meet the new boss - the same as the old boss'. In the last 18 months of Schmidt's reign, Ireland seems to lose their intensity for some reason, but Farrell has re-invigorated them, particularly in defence.

The match kicked off in the early stage of Storm Ciara's arrival, and the swirling wind made life difficult. As the game wore on, any penalty kick of more than 30 metres was routinely kicked into touch.

The first 10 minutes were all Ireland. A kick ahead by left wing Jacob Stockdale nearly yielded a score when Dan Biggar collected it and was forced to touch down after being forced over his own line.

It was a five-metre scrum to Ireland but there was immediate encouragement to Wales when M Poite penalised the Irish front row for not driving straight.

The next 15-minutes saw Wales trying to find a way to get out of their own half, but when Ireland got hold of the ball they kept it, using their big men to charge into tackles, but not gaining that much ground.

At centre, Ireland's Robbie Henshaw targeted Nick Tompkins, and gave him a reality check after his great debut last week against Italy. All of a sudden, Tompkins looked a touch lightweight.

Ireland's best chance came on 16 minutes, when George North went on a one-man rush defence and the miss pass put Wales under severe pressure. Ireland were awarded a penalty on the 22 metre line wide out and, presumably because of the wind, fly half and captain Jonny Sexton chose to kick for the corner.

Wales held the line out drive and cleared their lines, but the pressure told on 21 minutes. A series of drives took Ireland close to the Welsh line, and the ball was moved out to full back Jordan Larmour.

He stepped inside Tompkins, spun out of an attempted tackle by Tomos Williams, and, although Leigh Halfpenny and Josh Adams, got hold of him, he had enough momentum to get over the line. Not a try that Wales will enjoy looking at when the post-match debrief takes place.

The only plus for Wales was that Sexton made a hash of the conversion.

Ireland were back on the attack after the restart and things became worse for Wales when their most potent attacker, left wing Josh Adams, went off with an ankle injury. Johnny McNicholl replaced him.

It was just after the 25-minute mark when Ireland were penalised for obstruction during the course of a line out drive, and at last Biggar was able to plant the kick into Irish territory. And they scored almost immediately. At the time, it felt like a massive psychological blow.

A slick backs move took the ball left, and then the ball went back to the midfield as Wales probed for a gap. They found it when Alun Wyn Jones - out in the backs as coach Pivac wants - took the tackle and off-loaded to Dan Biggar.

Tomos Williams was up in support and he raced over close to the posts. Before Biggar could take the conversion and give Wales the lead at 7 - 5, we had an interesting example of Jonny Sexton's tactics with M. Poite.

It's generally accepted that the Sam Warburton 'Do you mind if I have a quiet word, sir?' approach works best with referees, but Sexton was in M. Poite's face, nagging him to take a second look at the off-load from Alun Wyn to Biggar.

M. Poite declined, saying he was happy with the try, but Sexton's nagging may have had a crucial effect later on.

More of that later.

From the restart, Ireland were back on the attack and it was time for the try-scorer to blot his copybook. Ireland had forced a line out close to the Welsh line, but Alun Wyn took it and passed to his scrum half - who dropped it.

From that knock on, Ireland used the scrum to set up a series

of drives, none making that much yardage but they were able to get close enough for Tadhg Furlong to force his way over. Sexton converted and Ireland led 12-7.

Wales were soon back on the attack, showing plenty of variety in their approach, and they are certainly buying into Pivac's off-loading game.

One exchange from Biggar to Tipuric and back to Biggar nearly fashioned a break, but the final slipped pass to Dillon Lewis went astray.

Ireland were under real pressure until they worked the ball to right wing Andrew Conway. The right wing was able to clear their lines, and Ireland used their possession game to see out the first half.

The second half started messily for Wales. A fumble by Biggar, followed by another by Tompkins, gave Ireland possession and when the pack launched a drive, Tipuric was penalised. Ireland took a quick penalty but Wales held the series of forward drives without too much difficulty.

That phase of play, however, led to two players, Biggar and Henshaw, going off for Head Impact Assessments (HIAs). Biggar was replaced by Jarrod Evans and Henshaw by Keith Earls. Neither returned to the action.

Ireland continued to lay siege to the Welsh line and, from a line out close to the line, Ireland set up a driving maul that crossed the Welsh line. The decision was referred to the TMO, who could spot nothing to indicate that M. Poite's decision to award a try was incorrect.

The try was claimed by flanker Josh van der Flier, Sexton converted, and it was now 19-7.

On 48 minutes, Pivac replaced Aaron Wainwright with Ross Moriarty, and Gareth Davies came on for Tomos Williams, and they were soon back on the attack, and staying faithful to the ambitious off-loading game.

On 54 minutes, we had one of those crucial moments when, after a series of Welsh drives, centre Hadleigh Parkes saw enough daylight to squeeze through a gap and stretch for the line, but after the TMO viewed it from several angles, it was a question of whether his fingertip still had contact when the ball was grounded.

In truth, only the most one-eyed Welsh fan could argue the case and it was ruled out.

Three minutes later there was another crucial call.

Ireland were penalised and Jarrod Evans kicked to the corner. From the line out Wales drove and then set up a series of pick and goes.

They were getting closer and closer when M. Poite shouted "Leave it". CJ Stander - the eventual man of the match - did not let go. In fact, he ripped the ball clear and M. Poite must have been considering a yellow card.

Enter the afore-mentioned nagging Jonny Sexton, right in M. Poite's face, insisting that Stander was on his feet and entitled to have his hands on the ball. If the French ref had been thinking of a card, it worked, and Wales continued against the full Irish 15.

Two minutes later, with Wales still camped on the line, a five-metre scrum was reset three times, using up two minutes and, in the end, it was Wales' Dillon Lewis who was penalised.

You only had to see the Irish jubilation, both on the field and in the coaches' box, to know how crucial this call was!

Wales were trailing by 12, with 15 minutes left, and Ireland took full advantage, kicking into Welsh territory and fiercely contesting possession. When they had the ball, it was safety first rugby, and once, after four minutes of Irish possession, Wales were forced into taking risks to get the ball back, and frustratingly knocked on, setting up the cycle again.

Substitutions were coming thick and fast and this is an area that needs looking at. At one stage the clock ticked down a full two minutes with no play at all, while a shuttle of replacements came on.

With eight minutes to go, Wales finally regained possession, but they were still in their own 22. Gareth Davies went blind and passed to George North, who dropped it. It was a reminder of how successful Ireland had been in monopolising possession, as it seemed an age since North had touched the ball.

Ireland had the ball back and went back to basics, with a series of forward drives, squeezing the life out of Wales, until they did put the ball out wide, where right wing Conway had acres of room to go over in the corner.

Substitute outside half Ross Byrne just missed the kick but it was now a conclusive 24-7 to Ireland.

There was time for M. Poite to give an ironic yellow card to - CJ Stander - with one minute left, and Wales used that last minute to grab a consolation try, with Justin Tipuric reaching out to ground the ball securely just over the line.

Halfpenny's conversion was the final act of the game.

Llantwit Major stop juggernaut pack and overturn Treherbert

LLANTWIT Major RFC, after surrendering their unbeaten run in the league in their last outing, were back on form as they beat Treherbert at home 26-15, crossing for four tries to pick up a valuable bonus point.

And they needed to be back on form as Treherbert, after a spluttering start to their season, had been on a good run of form coming into this fixture and with the Red Devil's you always get hard rugby. The visitors did not disappoint as they gave the home side a real test, especially with their impressive driving maul.

It was Treherbert who started the brightest under the floodlights on this Friday night fixture, pinning Llantwit back in the early exchanges and, on winning a line out, they immediately put their driving maul into top gear as they drove the home side over their own line to take the lead, the conversion narrowly going wide.

It was already clear to see that the visitors' strength was with their tight forwards and the home side's was out wide where they were finding some gaps and looking exciting when they spread the ball.

But the Llantwit pack were having none of that fancy stuff as they matched Treherbert's physicality with a driving maul try of their own. A solid line-out was taken by flanker Stuart Edbrooke, then all eight of the pack jumped in the van and rumbled upfield with Dan Bawden and Huw Williams keeping the momentum going before No 8 Rob Carter crashed over, with Loz Howley slotting over the conversion.

Not to be outdone, the fancy backs then showed their worth for Llantwit's second try, a lovely weighted long miss pass from outside half Howley on the visitors' 10-metre line set the move going to centre Josh Austin, who whisked it onto full back Ethan White, who released wing Steff Godwin up the touchline.

Austin, running a great supporting line, was on hand to keep the move going and he popped it back inside to opposite wing Rory Budina, who had the legs to go round to the posts to touch down for a quite scintillating try. A classic example of great handling and taking the ball at speed. Howley duly converted.

Treherbert soon bounced back and began pegging Llantwit back and putting their driving maul into gear again. The home side struggled to repel it and incurred the wrath of the match official as flanker Jamie Lewis was shown a yellow card for pulling the maul down.

A full complement of players were struggling with the juggernaut visiting pack so when reduced to seven it was no time before Treherbert crossed again for a well-worked try from a penalty line-out.

Llantwit's tactic now was to hang on with 14 until half time and not to concede anymore points as Treherbert naturally put them under the cosh. And they were close to breaking through, only to be thwarted by a great run from - of all players - tight head prop Dave

'The Rock' Taylor who pounced on a loose ball in his 22 and then showed a great turn of speed to break the defensive line and race upfield like a rhinoceros on the charge.

With support close by the ball recycled when the big man was finally downed and then spread quickly. A penalty for a ruck infringement was the reward, and Howley then put in a huge touchline kick, giving Llantwit a line out five metres out.

After a few attempts to cross, during which Treherbert were also reduced to 14 as their scrum half was yellow carded for slowing the ball down in the red zone, it was the old war horse lock Shaun Shea who eventually snook over for a try - arguably the turning point in the game.

The half time score was 19-10.

The third quarter developed into a bit of a stalemate as Llantwit, now playing towards the School end, needed a strong defensive display and Treherbert attacked with everything they had in an attempt to get back into the game - but they just fell short despite several good periods of possession.

It was the Llantwit scrum and the boot of Loz Howley which started to edge the game. The scrum was becoming dominant and Howley stretched the visitors with a barrage of good field kicks. As they went into the last quarter, the home side emptied their bench and were just too strong for the visitors, with captain Geraint David crossing from short range to finish off a dominant period where Llantwit were camped in the visitors' 22. Howley converted.

It was then left to Treherbert to have the final say and show Llantwit what they will face in the return fixture, as they once again rumbled over with their impressive driving maul. And they won't have to wait long as these two teams (this being a postponed game from the autumn) will face each other again in a few weeks, this time at Treherbert.

Their large and loyal band of travelling supporters, leaving on Friday night, threw the gauntlet down by promising that Llantwit will be turned over at their home ground.

Man of the match was the old stalwart Shaun Shea who put in a huge shift in the second row, with further mention going to scrum half Ryan Evans, who bossed the tight areas, and Loz Howley, whose kicking game caused plenty of damage throughout.

The team would also like to thank everyone involved in all the hard work that goes on behind the scenes in setting up a night time fixture.

This week the Blood and Blacks are at home again as they welcome Hirwaun to the Recreation Ground. Kick off is at 2:30pm.

AH